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ABSTRACT

This resource guide to evaluated print and audiovisual nutrition materials has been developed to assist state and local staff of the Special Supplemental Program for Women, Infants and Children (WIC) and the Commodity Supplemental Foods Program (CSFP), in selecting, acquiring, and developing accurate and appropriate materials for nutrition education of their participants. Each entry provides an abstract, appraisal, and descriptors as well as information on title, author, source, format, reading level (when applicable), availability, and cost. The following areas are covered: (1) health care during pregnancy; (2) breastfeeding; (3) infant feeding; (4) nutrition for preschool children; and (5) overview and general nutrition information. Program outreach materials are also included, as are evaluation materials, a cross reference index, and a title index. (JD)

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NUTRITION EDUCATION RESOURCE GUIDE:

An Annotated Bibliography of Educational Materials for the WIC and CSF Programs

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Preface

This resource guide to evaluated print and audiovisual nutrition education materials has been developed to assist State and local staff of the Special Supplemental Program for Women, Infants and Children (WIC) and the Commodity Supplemental Foods Program (CSFP) in selecting, acquiring, and developing accurate and appropriate materials for nutrition education of WIC/CSFP participants. Each entry provides an abstract, appraisal, and descriptors as well as information on title, author, source, format, reading level (when applicable), availability and cost.

The abstract is an objective description of the resource, while the appraisal focuses on the strengths and weaknesses of the item especially as it relates to content, format, and audience suitability. The descriptors are key words that can define a search on AGRICOLA (The National Agricultural Library's computerized bibliographic data base).

Inclusion of a publication in this guide does not indicate endorsement by the U.S. Department of Agriculture (USDA), nor does the USDA ensure the accuracy of all information in the publication.

Collection of Nutrition Resources

State and local WIC/CSFP agencies were asked to send review copies of current (1974-present) nutrition education materials that are available on at least a single copy basis. Materials also were requested from State Cooperative Extension Offices and from professional organizations and commercial companies that produce educational materials appropriate for WIC/CSFP audiences. When possible, followup letters were sent to agencies that did not respond. In addition, items already in the Food and Nutrition Information Center (FNIC) collection were included.

Development of an Evaluation Tool

Existing tools for evaluating materials were reviewed to determine their appropriateness for use in selecting resources to be included in this Guide. They included tools developed by the Swanson Center for Nutrition, the Society for Nutrition Education, the North Carolina Nutrition Education Clearinghouse, and Cornell University. Relying extensively on the existing North Carolina form, an evaluation tool and accompanying guide for completing it were developed (see appendices A and B). In addition, separate content sheets were developed to assess completeness and accuracy of educational materials that presented an overview on nutrition during pregnancy, infancy, lactation, or the preschoool years.

The evaluation tool contains a worksheet that includes descriptive information about the material - its contents and target audience. An objective rating chart of 19-28 items, depending on the type of material, permits ratings of poor, adequate, superior, or not applicable for each item. The guide provides information on how to rate each item.

To determine the reading level, the Fry method (see Appendix A) was selected and modified to allow for the shortness of text in many nutrition education materials used for the target audience. Some entries do not contain a reading level since brevity or the format of the material would give an inaccurate rating.

Assessment Process

There were many levels of evaluation for the more than 2,000 materials received. Regardless of the excellence of an item, if it could not be made avilable on a nationwide basis, it was not included. Materials were sorted on a preliminary basis to eliminate those that had inappropriate print size or language. Materials of possible value were then reviewed.

The objective rating began with an assessment of the readability, format, and content (see Appendix A for criteria). If the content was rated poor because of inaccurate facts or inadequate information, the material was eliminated. If the content was determined to be adequate, the evaluation worksheet was completed, the print size measured, and the reading level was determined. Three or more poor ratings for a publication disqualified it for inclusion in this publication.

The assessment process was divided into tasks and these were completed by different individuals. Abstracts and appraisals were written by professional nutritionists. Of the six nutritionists who participated in this project, all have nutrition education experience, with four having taught WIC and/or Cooperative Extension program participants.

Using the Resource Guide

It is recommended that readers study the section on using the Resource Guide before looking for materials. The different parts of the entries are explained in this section.

Please note: A number of free materials will be available for a limited time. It is expected that most of the items identified in this guide will be available for 3 or 4 years.

Concluding Remarks

The purpose of this guide is to make resources and ideas available to those who need them. Many of the materials may be specific to geographic areas (this is especially true in the Program Outreach section), but the content, format, or illustrations may be useful to others who are developing a similar resource. All materials contained in this Resource Guide are now part of the FNIC collection and are available on loan. Other resource guides that provide information on materials useful for WIC/CSFP audiences are available on loan from FNIC. The *Idea Book*, a USDA publication, is a useful guide for the professional involved in WIC nutrition education.

FNIC functions as a national depository for nutrition education materials appropriate for the WIC/CSFP audience. FNIC solicits contributions and information about appropriate materials. Many resources have been completed or made available since this project was undertaken. FNIC will continue to collect and make available new materials as they are identified.

We wish to thank the organizations, agencies, companies, and individuals that have shared their materials to make this publication possible. Comments on this publication are welcome; an attached reader evaluation form is included on page 143.

Acknowledgments

This effort was initiated as part of FNIC's mission to disseminate nutrition information to USDA program staff. Funding for the development of this resource guide was provided by the Food and Nutrition Service, USDA, through a reimbursement agreement with the Food and Nutrition Information Center. A contract was awarded to the Maxima Corporation to prepare this publication.

I would like to acknowledge the assistance of Ruth Hirsch, Food and Nutrition Service, Danielle Schor, R.D., FNIC and Janet Sandberg, R.D., Maxima Corporation, in the development of this bibliography.

Robyn C. Frank, B.S., M.L.S.
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Nutrition Information
Human Nutrition Information Service

USING THE NUTRITION EDUCATION RESOURCE GUIDE

Materials are arranged by their intended audience, and within the audience, by subject (e.g., Pregnancy: Alcohol and Caffeine Use). Within each subject/audience arrangement, materials are grouped by format; printed materials (books, booklets, flipcharts, etc.) are listed first and audiovisuals (motion pictures, slides, videorecordings, filmstrips, and audiocassettes) are listed second.

PARTS OF THE ENTRY

1) **Title and Publication Information:** The title is in boldface type. In some cases (usually State or Federal publications) there is a publication number after the title. It is useful to include the publication number (if there is one) when ordering from the source. The author(s) is listed after the title; most of the items in this guide do not have authors. The place of publication, publisher (or producer), and year of publication follow the author. If no year is listed on the material, the entry says "not dated."

2) **Format:** The type of material represented by the entry. For books, pamphlets and booklets, the number of pages is given. Many materials are printed on one folded sheet of paper. Except for slide sets and filmstrips with scripts instead of audiocassettes, the length of playing time is provided for audiovisuals.

3) **Source:** The address to write for information or to order materials.

4) **Cost:** Information may be given on a per item or a quantity basis, or both. Many materials are available only on a single copy basis; program staff may use the information or reproduce the material with credit given to the publisher. If ordering in quantity, it is wise to confirm the price before placing the order.

5) **Reading Level and Language:** The reading level was computed using the Fry graph.* This graph relates to the number of words and syllables per sentence. In most cases, the sample of sentences was small because the material did not have extensive text. Therefore, the reading level should not be taken as absolute. If there were not a sufficient number of sentences on which to compute the reading level, the entry indicates "minimal text." Audiovisuals do not have reading levels. Languages in which the material is available are listed after the reading level. *Note:* If the publication numbers differ for English and foreign language versions, the relevent numbers are listed after the respective language.

6) **Abstract:** A nonevaluative summarization of the material's content.

7) **Descriptors:** Subject terms from FNIC's vocabulary, usually used for computerized searching.

8) **Appraisal:** A subjective summary of the evaluation process. The appraisal highlights strengths of the material, as well as areas where supplementary information may be needed.

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* See Appendix A

PREGNANCY
OVERVIEW OF PREGNANCY

1 **Appetite Annie's Action Packed Fun Filled Guide To A Healthy Pregnancy.** St. Louis, Ralston Purina Company, 1977.

Format: 28 page booklet

Source: Corporate Consumer Services, Ralston Purina Company, Checkerboard Square Plaza, St. Louis, MO 63188

Cost: 20¢ each.

3rd grade reading level/English

Abstract: Good overall prenatal care is explained in conversational style by a young black pregnant woman to other pregnant women. Topics include: morning sickness; the 4 basic food groups; nutrients and their functions; pica; mood swings; drug use; and danger signals. Several activities on food records, food group identification, meal planning using the Basic Four, and a weight gain chart are interspersed with the text. Colorful illustrations are included.

Descriptors: Pregnant women; Prenatal nutrition; Weight gain; Pica; Basic Four; Nutrient functions; Nutrient sources; Nutrient requirements

Appraisal: Much worthwhile basic information is given in an appealing cartoon style with frequent reference made to seeking help from professionals. Specially designed for teens.

---

2 **Good Nutrition For A Healthy Baby and Mother.** Portland, Oregon State Health Division, WIC Program, not dated.

Format: 18 page booklet

Source: Oregon State Health Division, WIC Program, Box 231, Portland, OR 97207

Cost: Single copy free; do not send envelope or stamps.

8th grade reading level English

Abstract: An overview of bodily changes and needs during pregnancy focuses on the effects of nutrition on mothers' and infants' health. Specific topics include: weight gain; recommended food from 4 basic groups and the nutrients they provide; use of dietary supplements and special tips for vegetarians.

Descriptors: Pregnant women; Prenatal nutrition; Food groups; Nutrient sources; Vegetarians; Weight gain

Appraisal: This is a thorough, well organized and well written booklet with attractive format and heavy paper cover. It should be usable with a wide audience for a long time.

---

3 **Have A Healthy, Strong, Smart, Baby.** Wichita, KS, Wichita-Sedgwick County WIC Program, 1980.

Format: 7 page booklet

Source: Wichita-Sedgwick County, WIC Program, 1719 East First, Wichita, KS 67214

Cost: Single copy free; send self-addressed stamped envelope; multiple copies not available.

4th grade reading level/English, Spanish and Vietnamese

Abstract: A general overview of prenatal care discusses growth of the fetus, maternal weight gain, recommended medical care, avoidance of dieting, and good health habits. Common problems of pregnancy and methods to alleviate them are described. A food guide chart gives serving sizes and number of daily servings recommended during the first 3 months, and last 6 months, of pregnancy, and breastfeeding. Fruits and vegetables high in vitamins A and C are included. Breastfeeding is encouraged and advantages are listed. Physical problems which indicate the need for immediate medical attention also are listed.

Descriptors: Pregnant women; Prenatal education; Food guides.

Appraisal: Food guide is clear and helpful; sections on health warning signals, the importance of diet, and the advantages of breastfeeding are good for motivation. The presence of some typographical errors is distracting.

4 **Healthy Mother, Healthy Baby.**
Lima, OH, Allen County Health Department, 1980.

Format: 25 page booklet

Source: Allen County Health Dept.
405 East Market, P.O. Box 1503,
Lima, OH 45802

Cost: $1.00 each, prepaid.

12th grade reading level/English

Abstract: An abbreviated food guide chart lists servings and some portion sizes of foods needed before, after, and during pregnancy, and during lactation. Suggestions for relief of nausea, edema and constipation are given. A discussion of salt includes an extensive listing of sodium containing foods and medications, and seasonings to use instead of salt. Foods, beverages, and over-the-counter drugs containing caffeine are listed and the FDA rationale for avoiding them is explained. Pica is described and discouraged. Advantages of breastfeeding for both mother and infant are explained. The many recipes included are designed to increase milk consumption, aid in weight gain or weight control, supplement iron and fiber intake, and increase amounts and types of vegetables in the diet.

Descriptors: Pregnant women; Prenatal nutrition; Weight gain; Food guides; Nutrient sources; Recipes; Pregnancy-related disorders

Appraisal: While information in the food guide requires explanation and clarification, the variety of information and the recipes make this a useful booklet.

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5 **Healthy Mothers, Healthy Babies.**
Washington, DC, US Department of Health and Human Services/Public Health Service, 1982.

Format: set of 6 posters (17" x 22") with accompanying 3" x 5" information cards

Source: Limited free subscription and ordering information from:
National Health Information Clearinghouse, Washington DC 20013

Cost: Not determined yet.

Minimal text/English and Spanish

Abstract: A series of [illegible] photographic, dream-like posters depicts a pregnant woman and/or an infant in various settings. Each poster deals with a factor that affects the outcome of pregnancy: nutrition, prenatal care, breastfeeding, alcohol, drugs, and smoking. Information cards with detailed information on each topic accompany each poster.

Descriptors: Pregnant women; Infants (To 2 years); Mother-child relations; Breast feeding; Prenatal nutrition

Appraisal: These beautiful fantasy theme posters will attract the viewer's attention and convincingly convey the intended concept. The bilingual, multiracial representation and ethereal approach will appeal to low-income audiences.

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6 **Help Your Baby To A Healthy Start.**
Ventura, CA, Ventura County Health Care Agency, 1977.

Format: 1 sheet, multifolded.

Source: Ventura County Health Care Agency, 3147 Loma Vista Road,
Ventura, CA 93009

Cost: Single copies free; send self-addressed, stamped, legal size envelope.

4th grade reading level/English and Spanish

Abstract: An illustrated nutrition guide discusses weight gain (distribution and rate), use of prescribed supplements, and exercise. The use of tobacco, alcohol and other drugs is discouraged. The daily food guide lists food groups, recommended servings and portion sizes. Fruits and vegetables containing vitamins A and C are shown. Space is allowed on the daily guide for the client to record actual intake and to make comparisons to recommended intake.

Descriptors: Pregnant women; Weight gain; Food guides; Nutrient sources; Physical activity

Appraisal: Information in the food guide requires clarification, but the chart may be useful for teaching and evaluating diet.

---

7 **The 9 Months: Nutrition & Pregnancy.** by Margaret Bakke. Corvallis, OR, Oregon State University Extension Service and USDA, 1980.

Format: 6 parts, 4 page pamphlets

Source: Extension Service, US Dept of Agriculture, Oregon State University Extension Hall, Corvallis, OR 97331

Cost: Single copy free within Oregon; outside Oregon contact Margaret Bakke at 31 Milam Hall, Oregon State Univ, Corvallis OR 97331.

7th grade reading level/English

Abstract: A sequence of 6 letters provides information (with occasional graphics and illustrations) and activities consistent with stages of pregnancy. Letter 1 discusses weight gain (amount, pattern and distribution), use of caffeine, alcohol, and other drugs. Letter 2 describes fetal development at 3-4 months, morning sickness, the Basic Four food groups with serving sizes and nutrients provided. Letter 3 emphasizes the need for iron and folic acid, sources and recipes for each, and a suggested meal plan. Letter 4 addresses breastfeeding, weight control, and vegetable preparation. Nutritious snacks, prevention of heartburn, pica, calorie, and nutrient content of selected items from each of the Basic Four are described in Letter 5. Letter 6 gives procedures and feeding tips for bottle and breastfeeding and several references on infant care and feeding.

Descriptors: Pregnant women; Prenatal nutrition; Weight gain; Weight control; Nutrient sources; Basic Four; Recipes; Meal planning

Appraisal: These well-written, informative and attractive newsletters will appeal to educated pregnant women. Books and booklets on pregnancy and infant care are listed in Letters 1 and 6.

---

8 **Nutrition During Pregnancy.** Iowa City, IA, University of Iowa, 1980.

Format: 10 page booklet

Source: Campus Stores, Room 30, Iowa Memorial Union, University of Iowa, Iowa City, IA 52242

Cost: Single copies 40¢ each; 10 percent discount for 10 or more copies; enclose postage for 3 ounces for each copy.

8th grade reading level/English

Abstract: A daily food intake guide with 5 food groups (protein, milk, grains, vegetables, fruits and fluids) suggests the number of servings recommended before and during pregnancy and during breastfeeding. Food groups are treated individually in more detail suggesting serving sizes and alternate choices. A section on special considerations discusses iron supplements and iron-rich foods, folic acid, sodium, alcohol use, and smoking. Nausea, indigestion, pica, nipple care, and weight gain (amount and distribution) are discussed. A chart is provided for plotting weight gain throughout pregnancy.

Descriptors: Pregnant women; Lactating women; Breast feeding; Prenatal nutrition; Food groups; Food guides: Nutrient sources; Weight gain

Appraisal: A thorough presentation, well-written, with beautiful format; this small booklet should appeal to an educated audience.

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9 **Nutrition During Pregnancy.** by Jill Randell and Christine Olson. Ithaca, NY, Cornell University, 1976.

Format: 28 page flipchart

Source: Distribution Center, 7 Research Park, Cornell University, Ithaca, NY 14850

Cost: $7.50 each; write for free descriptive folder.

Minimal text/English

Abstract: Good nutrition and health habits during pregnancy are promoted with simple text and colorful illustrations. Topics covered include: amount and rate of weight gain; exercise; morning sickness; Basic Four food groups with recommended numbers of servings and portion sizes; iron deficiency anemia and folic acid deficiency; dietary sources of iron and calcium; and breastfeeding. Instructional information on each topic for use by the nutrition educator is provided on opposing pages.

Descriptors: Instructional materials; Prenatal education; Pregnant women; Prenatal nutrition; Food guides; Basic Four; Iron deficiency anemia; Calcium

Appraisal: Covers the subject matter comprehensively including advantages of breastfeeding; provides suggested dialogue as well as discussion questions and answers. Pictures reinforce content.

10 **Nutrition In Pregnancy And Breastfeeding.** Oklahoma City, Oklahoma State Dept. of Health, not dated.
Format: 20 page booklet

Source: Oklahoma State Dept. of Health, 1000 Northeast 10th, P.O. Box 53551, Oklahoma City, OK 73152

Cost: Single copy free; send self addressed stamped 8-1/2" x 11" envelope.

7th grade reading level/English and Vietnamese

Abstract: Nutritional concerns of pregnancy are discussed in a question and answer format: weight gain; vitamin-mineral supplements; morning sickness; cautions against use of alcohol and tobacco; pica; advantages of breastfeeding; and a diet recommended for use during lactation. Accompanying illustrations supplement written information. A daily food guide lists amounts and types of foods provided by WIC; other foods needed during pregnancy and lactation are listed. Essential food groups, nutrients provided and their functions are explained. A meal pattern with serving sizes is listed and illustrated.

Descriptors: Pregnant women; Pregnancy-related disorders; Prenatal nutrition; Weight gain; Pica; Breast feeding; Nutrient sources; Food guides; Meal patterns.

Appraisal: A few errors in content do not mar the usefulness of this attractive booklet. The Vietnamese version provides English text beneath Vietnamese text.

AUDIOVISUALS

11 **Great Expectations.** Berkeley, CA, Society for Nutrition Education, 1975.

Format: 22 minute motion picture, filmloop, or videocassette

Source: Society for Nutrition Education, Film Dept, 1736 Franklin, 9th floor, Oakland, CA 94612

Cost: $370.00 motion picture; $330.00 videocassette; filmloop available on special order; write for price quote; California residents include sales tax; 1 leader's guide and 20 charts included.

English and Spanish

Abstract: A graphic illustration of information on nutrition in pregnancy and nursing is presented. The script is sophisticated in the information it conveys yet simple to understand. The increased nutritional requirements of pregnancy and breastfeeding can be met by selecting a balanced diet of appetizing, healthful foods.

Descriptors: Instructional media; Lactating women; Prenatal nutrition; Pregnancy diets; Maternal-fetal exchange; Nutrient requirements; Maternal and child health

Appraisal: Good overview information about pregnancy, interestingly presented. Appropriate for a wide range of socioeconomic levels.

12 **Healthy Mother, Healthy Baby.** Los Angeles, Alfred Higgins Productions, Inc., 1975.

Format: 16 minute film with study guide

Source: Alfred Higgins Productions, Inc., 9100 Sunset Boulevard, Los Angeles, CA 90069

Cost: $295.00.

English

Abstract: Information on good nutrition and eating habits for expectant mothers is provided to teenagers and adults. Topics emphasized include the importance of professional prenatal care, a diet based on the 4 basic food groups, snack selection, morning sickness, weight gain, and discontinuation of the use of alcohol, cigarettes, and drugs.

Descriptors: Instructional media; Pregnant women; Prenatal nutrition; Pregnancy related disorders; Pregnancy diets; Food groups

Appraisal: Information on economical and nutritious foods to eat during pregnancy should be helpful to WIC/CSFP participants. Recommendations for the Basic Four are dated.

13 **Inside My Mom.** White Plains, NY, National Foundation of the March of Dimes, 1975.

Format: 8 minute filmstrip or slide set with cassette or record

Source: National Foundation/March of Dimes, 1275 Mamaroneck Avenue, White Plains, NY 10605 Attn: Material & Supplies Dept.

Cost: $10.00 (for filmstrip); $15.00 (for slide set).

English and Spanish

Abstract: A cartoon fetus describes the nutritional care its mother is providing. The cartoon takes us through the normal day of its young mother, commenting on how she lives and the way this affects a fetus. As the months go by, the mother gets the point about the importance of nutrition while the fetus shares the message.

Descriptors: Instructional media; Prenatal education; Pregnant women; Prenatal nutrition; Diet improvement

Appraisal: Excellent information is presented in a realistic and sensitive way; it could be used to show how good eating habits affect the baby during pregnancy. Recommended for any pregnant woman.

14 **Nutrition In Pregnancy.** Chicago, Cinema Medica and J. Hathaway Productions, 1974.

Format: 24 minute motion picture or videocassette

Source: Cinema Medica, 2335 West Foster Avenue, Chicago, IL 60625

Cost: $350.00 (m.p.); $275.00 (videocassette); $45.00 rental fee.

Abstract: A well-balanced diet will help keep the pregnant woman healthy and help the baby's prebirth development. Protein is essential for proper growth; eggs, milk, and beans are some sources of protein. Problems encountered during pregnancy are described and dietary remedies are explored. The use of drugs is discouraged.

Descriptors: Instructional media; Pregnant women; Nutrients; Nutrient sources; Pregnancy-related disorders

Appraisal: Should be useful to motivate pregnant women to eat well. The content may need supportive material and further explanation.

15 **Pregnancy: Nutrition, Exercise, Rest And Daily Care.** Boulder, CO, Educational Graphic Aids, 1979.

Format: 18 minute slide set or filmstrip with cassette and script

Source: Educational Graphic Aids, Inc., 1315 Norwood Avenue, Boulder, CO 80302

Cost: $94.00 (for slide set); $85.00 (for filmstrip); plus $5.00 per order.

English

Abstract: Women who take special care of their nutritional and physical needs experience a healthy pregnancy. Since the mother's food intake provides the only nutrients her body receives, a balanced, proper diet is essential. Milk, meats, vegetables, fruit and cereals must be consumed daily. Exercise is one of the key concepts for the prevention and alleviation of pregnancy discomforts; various exercises are examined, including those to strengthen the pelvic floor and to relieve stress. For a healthy pregnancy, it is vital to avoid becoming excessively tired. The greatest deterrent to illness and infection during pregnancy is attention to maintenance of health, personal cleanliness, and avoidance of harmful substances that can be passed onto the child. The TORCH Complex, a guideline for women on things to avoid while pregnant, is discussed.

Descriptors: Instructional media; Pregnant women; Prenatal nutrition; Nutrient sources; Hygiene; Exercise (Physiology)

Appraisal: Good overall discussions of health topics and common concerns about pregnancy; appropriate for most pregnant women.

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WEIGHT GAIN DURING PREGNANCY

16 **Components Of Weight Gain During Pregnancy.** Helena, MT, Dept of Health & Environmental Sciences, 1977.

Format: 6 page flipchart

Source: Dept of Health & Environmental Sciences, Maternal & Child Health Bureau, Nutrition Programs, Helena, MT 59620

Cost: $6.00.

9th grade reading level/English

Abstract: A 24-28 pound weight gain is promoted using colored illustrations and brief explanations. The baby and placenta, uterus and breast tissue, body fluids and amniotic fluid, maternal stores and increased blood volume are shown and described. Each page depicts a lateral cross section of a pregnant woman near term and a graph showing progression of weight gain over the entire gestational period. Directions for using flipchart script and copy of weight gain grid are included.

Descriptors: Pregnant women; Weight gain

Appraisal: A useful tool for emphasizing the importance of adequate weight gain, charting actual weight gain during pregnancy and involving the pregnant woman in her own care. A decimal error shows the weight of the placenta to be 15 pounds.

17 **Weight Gain During Pregnancy.** St. Paul, MN, St. Paul-Ramsey County Nutrition Program, 1980.

Format: 1 sheet, multifolded

Source: St. Paul-Ramsey County Nutrition Program, 555 Cedar Street, St. Paul, MN 55101

Cost: 6¢ each plus $2.00 handling charge per order.

Minimal text/English, Laotian, Vietnamese, and Cambodian

Abstract: A woman's weight gain can be recorded monthly, charted on a graph provided and compared to a standard weight gain curve. The food guide illustrates 3 groups: staple foods (cereals and grains); body building foods (meat and milk groups); and protective foods (fruits and vegetables) and lists the number of times foods from each group should be eaten daily. Suggested serving sizes for selected foods are shown. The explanation of weight gain distribution and weight charting uses kilograms rather than pounds.

Descriptors: Pregnant women; Weight gain; Food groups.

Appraisal: Attractive format and visual presentation make this useful with non-English-speaking or non-reading populations. The food groups and meal plan are culturally appropriate for Asians.

18 **Weight Gain During Pregnancy.** Ventura, CA, Ventura County Health Care Agency, 1981.

Format: 1 sheet, multifolded

Source: Ventura County Health Care Agency, 3147 Loma Vista Road, Ventura, CA 93009

Cost: Single copy free. Send self-addressed stamped envelope. No multiple copies.

6th grade reading level/English and Spanish

Abstract: The normal range and rate of weight gain during pregnancy are explained. Suggestions for activity, food preparation and behavior modification are offered for those gaining weight too quickly. Low calorie choices from 6 food groups (Basic Four plus separate groups for vitamin A- and C-rich foods) are listed. An extensive list of very low calorie foods, beverages, vegetables and juices is provided with a notation that caffeine-containing beverages are not recommended during pregnancy.

Descriptors: Pregnant women; Weight gain; Food groups; Nutrient sources

Appraisal: Since adequate weight gain is emphasized, this might be useful in helping pregnant women stay within normal limits, and could be used postnatally in attaining normal weight. Some errors occur in a listing of low calorie choices of other fruits.

19 **Your Weight & Weight Gain.** Raleigh, NC, Dept. of Human Resources, 1960.

Format: 1 sheet, folded

Source: Nutrition & Dietary Services Branch, Division of Health Services, P.O. Box 2091, Raleigh, NC 27602

Cost: Single copy free; multiple copies not available outside of North Carolina. Permission to reproduce may be granted.

7th grade reading level/English

Abstract: A discussion of weight gain during pregnancy focuses on how many pounds are optimum for good health of the baby and how fast the weight should be gained. The allocation of this weight to the baby and the mother is explained. Proper weight gain should be achieved through eating nourishing food. Dieting during pregnancy and the consumption of empty calorie foods are discouraged. (Refers woman to another publication "Baby Coming? These Foods are for You" for more nutrition information).

Descriptors: Pregnant women; Weight gain

Appraisal: A thorough presentation of weight gain during pregnancy in an attractive format with multi-ethnic illustrations. While nutrition information is limited, reference is made to the Daily Food Guide in "Baby Coming? These Foods are for You" (see Pregnancy: Dietary Guidance section).

PROBLEMS OF PREGNANCY

20 **Anemic?** Boston, Massachusetts WIC Program, 1977.

Format: 1 sheet, folded

Source: Massachusetts Nutrition Education Task Force, Massachusetts WIC Program, 39 Boylston Street, 6th Floor, Boston, MA 02116

Cost: Free to Massachusetts WIC programs; all others, 5¢ per copy. Camera-ready copy available.

9th grade reading level/English, Spanish, and Portuguese

Abstract: Iron deficiency anemia is defined; the interaction of iron, vitamin C, and protein in the production of hemoglobin is described. Iron-rich foods from all 4 basic food groups are listed; separate listings of protein and vitamin C-containing foods also are included. The black and white format includes drawings of anemic red blood cells, blood building foods and healthy red blood cells.

Descriptors: Pregnant women; Iron-deficiency anemia; Iron nutriture; Ascorbic acid; Food sources

Appraisal: Important points are clearly made in uninspiring format. Fruits other than dried fruits are not listed as sources of iron, nor is the use of iron cookware mentioned.

21 **Constipation.** Boston, Massachusetts WIC Program, 1977.

Format: 1 sheet, folded

Source: Massachusetts Nutrition Education Task Force, Massachusetts WIC Program, 39 Boylston Street, 6th Floor, Boston, MA 02116

Cost: Free to Massachusetts WIC programs; all others, 5¢ per copy. Camera-ready copy available.

7th grade reading level/English, Spanish, and Portuguese.

Abstract: Symptoms and causes of constipation are described. Treatment recommendations include physical activity, fluids (specific types and amounts), and lists of high fiber foods (fruits, vegetables and grains). Fiber's role in digestion is explained briefly. Information on label reading compares 2 product labels for whole grain content. A brief statement warns against use of laxatives or enemas without medical advice.

Descriptors: Pregnant women; Infants (To 2 years); Constipation; Fiber; High fiber diets

Appraisal: Information is applicable to all age groups. Certain culturally appropriate high fiber foods are not mentioned: (dried) mature beans and peas, and brown rice.

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22 **Nausea.** Boston, Massachusetts WIC Program, 1977.

Format: 1 sheet, folded

Source: Massachusetts Nutrition Education Task Force, Massachusetts WIC Program, 39 Boylston Street, 6th Floor, Boston, MA 02116

Cost: Free to Massachusetts WIC programs; all others, 5¢ per copy. Camera-ready copy available.

7th grade reading level/English, Spanish, and Portuguese.

Abstract: Suggestions for controlling nausea during early pregnancy are described. Mealtime suggestions, foods to avoid, and comfort measures are listed. Clients are referred to health care personnel if nausea is not controllable.

Descriptors: Pregnant women; Nausea; Meal planning

Appraisal: Text is reassuring and suggestions are helpful. Print is faded in places. No warning is given against the use of medications for nausea.

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23 **Relief From Common Problems During Pregnancy.** Raleigh, NC, Agricultural Extension Service, 1980.

Format: 3 page pamphlet

Source: Nutrition and Dietary Services Branch, Division of Health Services, P.O. Box 2091, Raleigh, NC 27602

Cost: Single copy free. Multiple copies not available outside of North Carolina. Permission to reproduce may be granted.

6th grade reading level/English, Vietnamese, and Laotian

Abstract: Three common discomforts of pregnancy (nausea, constipation, and heartburn) and their causes are explained. Specific suggestions are offered for relief. The use of medications is not recommended.

Descriptors: Prenatal education; Pregnant women; Nausea; Constipation; Hyperacidity

Appraisal: A useful but very brief publication; some information is questionable (apricots are recommended for constipation).

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24 **When You Have Morning Sickness Or Nausea.** Denver, Colorado Dept. of Health, 1974.

Format: 1 sheet

Source: Colorado State Health Dept., Nutrition/WIC, 4210 East 11th Avenue, Denver, CO 80220

Cost: Single copy free with reprint permission (for those outside of Colorado).

5th grade reading level/English and Spanish

Abstract: Suggestions for controlling morning sickness and daytime nausea during pregnancy include cooking procedures, foods to avoid, and comfort measures. A 1-day meal plan with 3 meals and 3 snacks is included.

Descriptors: Pregnant women; Nausea; Cooking techniques

Appraisal: Suggestions are clearly presented although format is uninspiring. No warning is given against using medications for nausea.

DIETARY GUIDANCE DURING PREGNANCY

25 **Baby Coming? These Foods Are For You.** Raleigh, NC Dept. of Human Resources, 1980

Format: 1 sheet, folded

Source: Division of Health Services, Nutrition & Dietary Services Branch, P.O. Box 2091, Raleigh, NC 27602

Cost: Single copy free. Multiple copies not available outside of North Carolina.

7th grade reading level/English, Vietnamese, and Laotian

Abstract: Selected foods along with the minimum number of suggested daily servings from the Basic 4 food groups are given. The fruits and vegetables group is divided into vitamin A- and C-rich choices. Fluid recommendations include limited use of coffee, tea, and alcoholic beverages. Foods high in sugar and fat are listed and moderate use is advised.

Descriptors: Pregnant women; Food guides; Basic Four; Vitamin A; Ascorbic acid; Alcoholic beverages; Caffeine

Appraisal: A wide variety of foods is listed in this attractive food guide, but no serving sizes are given.

26 **Eating Right For Your Baby.** by Carol G. Corruccini. Sacramento, CA, California Dept. of Health, not dated.

Format: 18 page booklet

Source: California Dept. of Health, 714 P Street, Sacramento CA 95814

Cost: Single copy free.

8th grade reading level/English

Abstract: Information on the daily servings needed from each of 6 food groups (proteins, milk, breads and cereals, and 3 categories of fruits and vegetables) is provided. Each category is described separately, including a listing of sources and serving sizes. Factors which may influence the health of mother and infant, including the needs for salts, fluids, and iron, and the avoidance of alcohol, cigarettes, and drugs are mentioned.

Descriptors: Pregnant women; Prenatal education; Food guides; Food groups; Nutrient requirements; Nutrient sources

Appraisal: The information is extensive and includes examples of foods culturally relevant to the California population. Graduated page-size format facilitates finding information. An art motif developed in related pamphlets is carried on in this publication.

27 **Eating Right During Pregnancy.** Burlington, VT, Nutrition Services/WIC, 1980.

Format: 12 page booklet

Source: Nutrition Services/WIC, Vermont Dept. of Health, P.O. Box 70, Burlington, VT 05402

Cost: Single copy free.

5th grade reading level/English

Abstract: The importance of an adequate diet and weight gain regardless of pre-pregnancy weight is explained. The food guide highlights the functions of important nutrients in each food group and the number of servings required for the non-pregnant and pregnant teenager (under 18), and the non-pregnant, pregnant, and lactating adult. Foods rich in folacin are highlighted. Advice is offered for relief of minor discomforts of pregnancy, use of vitamin supplements, medications, alcohol and tobacco.

Descriptors: Pregnant women; Pregnant adolescents; Prenatal nutrition; Weight gain; Basic Four; Nutrient sources; Nausea; Alcoholic beverages

Appraisal: A beautiful booklet providing excellent information. Food groups include many foods with serving size for each example. Warm and positive approach, text is well spaced, but print is small.

28 **Eating Right During Pregnancy,** VDH-567-(5/80). Burlington, VT, Nutrition Services/WIC, 1980.

Format: poster

Source: Nutrition Services/WIC, Vermont Dept. of Health, P.O. Box 70, Burlington, VT 05402

Cost: Single copy free.

English

Abstract: A chart lists and illustrates: the Basic 4 food groups; the nutrients they provide and their functions; the number of servings needed daily; portion sizes; and suggested foods from each group. Foods high in folacin are starred. Fruits and vegetables rich in vitamins A and C are highlighted. (Companion to booklet of same title.)

Descriptors: Pregnant women; Prenatal nutrition; Food guides; Food groups; Nutrient sources; Vitamin A; Ascorbic acid; Folic acid

Appraisal: This lovely chart in soft colors of peach, beige and brown provides excellent information. It accompanies a high-quality pamphlet with the same title (preceding entry).

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29 **Food and You...Partners in Growth During Pregnancy.** Chicago, IL, National Dairy Council, 1974.

Format: 16 page booklet

Source: Local Dairy Council, or National Dairy Council, 6300 North River Road, Rosemont, IL 60018

Cost: Contact local Dairy Council or source for price.

9th grade reading level/English

Abstract: The need for extra attention to diet and the special needs for protein and iron during pregnancy are covered. The Basic 4 food guide offers recommended number of servings before and during pregnancy and during lactation. Serving sizes are explained for each food group; calcium and protein equivalency lists are provided. Vegetable and fruit sources of vitamins A and C are listed. Snacks, fluid requirements, use of salt, supplements and medications, and dietary changes needed for mother, whether bottle feeding or breastfeeding, are mentioned briefly. A self-administered diet inventory allows the client to evaluate her dietary intake.

Descriptors: Pregnant women; Prenatal education; Nutrients; Nutrient sources; Nutrient requirements; Basic Four; Food intake; Food guides

Appraisal: The convenient size (3 1/2" x 6 1/2") and attractive format make this a useful booklet, despite the small print and compact text. The food guide is thoroughly explained, and the dietary assessment activity is well done.

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30 **Food Facts For Your Pregnancy.** by Susan Schlosser. Philadelphia, PA, Thomas Jefferson Union Hospital, and North, Inc., 1981.

Format: 1 page, multifolded

Source: NORTH, Inc., 1415 North Broad Street, Philadelphia, PA 19122

Cost: Limited to 5 copies per order. Send self addressed stamped 10" x 13" envelope. Postage: 1 copy, 37¢; 2 copies, 54¢; 3 copies, 71¢; 4 copies, 85¢; 5 copies, 85¢.

6th grade reading level/English

Abstract: Amount and distribution of weight gain during pregnancy are explained briefly; a gradual and steady rate of gain is emphasized. A daily food guide lists and colorfully illustrates suggested foods, servings recommended, and nutrients provided by each of the 4 basic food groups.

Descriptors: Pregnant women; Prenatal education; Weight gain; Food guides; Basic Four

Appraisal: Three colors highlight the food groups in this food guide printed on a large (12 1/2" x 15") sheet of heavy paper. Many foods are listed, but no serving sizes are given. One-third of the page shows a silhouette of a pregnant woman.

31 **The Food You Eat Affects Two Lives.** Baltimore, Maryland State Dept. of Health & Mental Hygiene, and Greater Baltimore Chapter March of Dimes Foundation, 1979.

Format: 1 sheet, multifolded

Source: Maryland State Dept. of Health & Mental Hygiene, Preventive Medicine Administration, 201 West Preston Street, Baltimore, MD 21201

Cost: Limited quantities free within Maryland. Limit 1 copy outside of Maryland.

6th grade reading level/English

Abstract: The food guide lists and illustrates the Basic 4 food groups, the nutrients provided, recommended number of servings, and portion sizes. Other foods also are mentioned which provide calories but few nutrients. A food record, with illustrated instructions for use, allows client to evaluate one day's intake.

Descriptors: Pregnant women; Prenatal education; Food guides; Basic Four; Nutrient sources

Appraisal: The format is attractive and well organized, and the food record activity is useful. However, some omissions detract from the accuracy, e.g., milk is listed as a source of calcium and B vitamins with no mention of protein.

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32 **Foods You Need When You Are Going To Have A Baby.** Jefferson City, MO, Missouri Division of Health/WIC Program, 1980.

Format: 16 page booklet

Source: Missouri Division of Health, Films & Literature Unit, P.O. Box 570, Jefferson City, MO 65102

Cost: Free within Missouri (limit 100 copies). 10-copy limit to programs outside of Missouri. Do not send envelope or stamps.

4th grade reading level/English

Abstract: A food guide simply presents and illustrates foods and their functions in each of the Basic 4 food groups, and gives suggestions for their use. The number of recommended daily servings is included, along with alternate food choices. Desirable amount, rate, and composition of weight gain is explained; avoidance of weight loss is stressed.

Descriptors: Pregnant women; Prenatal nutrition; Weight gain; Food guides; Food groups

Appraisal: The attractive format, clear illustrations and large print, combined with a concise but complete explanation of food needs during pregnancy make this a very appealing booklet.

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33 **How To Choose The Right Foods: Before, During, After Pregnancy.** Oklahoma City, OK, Oklahoma State Dept. of Health, not dated.

Format: 1 sheet, multifolded

Source: Oklahoma State Dept. of Health, c/o Film & Publications Division, 1000 Northeast 10th, P.O. Box 53551, Oklahoma City, OK 73152

Cost: Single copy free. Send self addressed stamped legal size envelope. Limited number available while supply lasts.

7th grade reading level/English

Abstract: The importance of good food habits before, during, and after pregnancy is explained. Meal planning suggestions include food choices, snacking, weight control, and fluid needs. A daily food guide lists serving sizes of appropriate foods from the Basic 4 with specific recommendations for teenagers and adults, whether pregnant, breastfeeding or non-pregnant. The fruit/vegetable group highlights sources of vitamins A and C. A sample meal pattern is included.

Descriptors: Pregnant adolescents; Food habits; Meal planning; Food guides; Ascorbic acid; Vitamin A; Pregnant women

Appraisal: Although illustrations are lacking, the text is well spaced and attractively presented. The food guide is thoroughly explained and is adaptable to a wide audience.

34 **Iron Up For A Healthy Baby And You.**
Austin, TX, Texas Dept. of Health, 1976.

Format: 1 sheet, folded

Source: Texas Dept. of Health, Literature & Forms Unit,, 1100 West 49th Street, Austin, TX 78756

Cost: Free within Texas. Limit 1 copy outside of Texas.

6th grade reading level/English and Spanish

Abstract: The pregnant woman's need for iron is simply explained. Sources of iron include selected foods from the Basic 4 food groups, prescribed supplements, and iron cookware. Six easy ways to include iron in the diet combine and reinforce previously stated suggestions.

Descriptors: Pregnant women; Iron nutriture; Iron deficiency; Anemia; Nutrient sources; Food groups

Appraisal: Well-organized, attractive format, with photographs, is appropriate to Spanish and American cultures, but the red background is distracting. Use of vitamin C to improve iron absorption is not mentioned and one of the photos highlights eggs (absorption of iron from eggs is poor).

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35 **Nutrition During Pregnancy.**
Birmingham, AL, Jefferson County Dept. of Health, 1980.

Format: 1 sheet, multifolded

Source: Bureau of Nutrition, Jefferson County Dept. of Health, 1400 6th Avenue South, Birmingham, AL 35233

Cost: 10¢ per copy. Do not send envelopes or stamps.

5th grade reading level/English

Abstract: The nutrients provided by, number of servings recommended for, and serving sizes of selected foods from the Basic 4 food groups are given. Sources of vitamins A and C and iron are highlighted. Restriction of fats is recommended. A sample meal plan includes 3 meals and 3 snacks. Other information covers amount, distribution and rate of weight gain during pregnancy, snack choices, fluid requirements, and use of medications.

Descriptors: Pregnant women; Food guides; Nutrient sources; Iron nutriture; Vitamin A; Ascorbic acid; Weight gain

Appraisal: Beautifully designed and well organized, this is a useful food guide for pregnant women. Unique recommendations include 8 servings of bread, cereal, starchy vegetables, simple desserts and 6 servings of fruits and vegetables. There are 2 errors: 1/3 cup cottage cheese listed as equivalent to 1 cup milk, and 2 tablespoons peanut butter as equivalent to 1 serving (about 2-3 oz.) meat.

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36 **Nutrition Guide For Pregnancy.**
Houston, TX, City of Houston Health Dept., 1978.

Format: 6 page booklet

Source: Riverside Health Center, WIC Project #26, 3315 Delano, Houston, TX 77004

Cost: Single copy free. Multiple copies not available.

7th grade reading level/English and Spanish

Abstract: Essential points on prenatal nutrition are discussed briefly: 25-30 pound gradual weight gain; overall good diet for a normal pregnancy and a healthy baby; salt intake; pica; smoking; and alcohol use. Examples from 6 food groups are listed with functions and serving sizes: milk and milk products; meats and meat substitutes; vegetables; enriched breads, cereals, and starchy foods; fruits and fruit juices; and fats and oils. Nutritious snack foods and sample menus are also given.

Descriptors: Pregnant women; Prenatal nutrition; Weight gain; Food groups; Meal planning; Pica; Alcoholic beverages; Smoking

Appraisal: Broad and accurate nutrition coverage. The format is well-organized and attractive, except the intense blue background of the English version is distracting.

37 **Nutrition Guidelines For Pregnancy.** Chicago, Chicago Dept. of Health, 1979.

Format: 1 sheet, folded

Source: Chicago Dept. of Health, Richard J. Daley Center - Room CL-88, Chicago, IL 60602

Cost: Single copy free. Send self addressed stamped legal size envelope. Limit 1 copy.

3rd grade reading level/English and Spanish

Abstract: A daily food guide lists and illustrates selected foods and recommended number of servings from the Basic 4 food groups. Use of fruits and vegetables rich in vitamins A and C is encouraged. Other guidelines suggest calcium sources and snack choices; recommendations include: a 24-pound weight gain (30 for teenagers); use of prescribed supplements; avoidance of weight loss; and salt restriction.

Descriptors: Pregnant women; Prenatal nutrition; Food groups; Food guides; Nutrient sources

Appraisal: The food guide is brief and attractive; serving sizes are not given for fruits and vegetables, nor breads and cereals. Few nutrition concepts are presented. The approach is geared to a low socioeconomic level.

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38 **Recipe For Healthy Babies.** White Plains, NY, March of Dimes Birth Defects Foundation, 1980.

Format: 1 sheet, multifolded

Source: March of Dimes Birth Defects Foundation, 1275 Mamaroneck Avenue, White Plains, NY 10605

Cost: Free in lots of 25; donation requested but not require

7th grade reading level/English

Abstract: A variety of foods from the Basic 4 food groups are colorfully pictured. The number of servings from each group recommended during pregnancy and when breastfeeding, and the nutrients provided are mentioned. Snacking, fluid intake, regular eating habits, use of alcohol, supplements and salt, weight gain and weight control are discussed briefly. A sample menu is given.

Descriptors: Pregnant women: Food guides: Basic Four: Nutrient sources: Weight gain

Appraisal: The title and the food guide are eye-catching. The food guide does not give serving sizes; 4 servings of protein foods are recommended, but only 3 servings of grain products. Textural information is appropriatee, but the sample menu does not conform to the food guide.

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39 **Sensible Eating During Pregnancy.** Minneapolis, MN, General Mills, Inc., not dated.

Format: 1 sheet, multifolded

Source: General Mills, Inc., Box 6, Dept. 860, Minneapolis, MN 55460

Cost: Free up to 500 copies.

6th grade reading level/English

Abstract: Meeting the need for good nutrition during pregnancy through the use of the Basic 4 food groups is explained. Nutrients provided by foods in each group are listed with a special emphasis on vitamins C, A, and folic acid. Pregnant girls under 17 need extra nutrients; 2 cups of milk should be added to their diet. A basic daily menu plan briefly lists the food groups and numbers of servings recommended. A 2-day sample menu is provided. A note is included urging the client to consult a physician if problems persist. Relief for nausea and constipation, and cautions against using over-the-counter remedies, alcohol, tobacco and coffee, diet foods and highly salted foods are discussed. Illustrations feature black women.

Descriptors: Pregnant women; Prenatal nutrition; Basic Four; Meal planning; Pregnancy-related disorders; Nutrient sources; Weight gain

Appraisal: Format is attractive and well-organized; lengthy text is in small print. Serving sizes are not given for the food groups; menu foods tend to be expensive.

40 **Using Vitamin/Mineral Pills And Salt.** by Carol G. Corruccini. Sacramento, California Dept. of Health, 1977.

Format: 3 page pamphlet

Source: California Dept. of
Health, WIC Program, 1220 S Street,
Sacramento, CA 95814

Cost: Free up to 100 copies.

7th grade reading level/English and Spanish

Abstract: Several very specific aspects of nutrition during pregnancy and breastfeeding are presented for expectant mothers. The continued use of salt in food is recommended. Iron and folacin supplements are frequently needed, and in some cases other nutrients as well; these will be prescribed by a doctor, if needed, and are not a substitute for eating a good diet. For the infant, supplements of vitamin D are recommended from birth, with the addition of iron at 4 months, and possibly fluoride at 6 months; this is best decided by a doctor.

Descriptors: Pregnant women; Prenatal education; Pregnancy; Infants (To 2 years); Infant feeding; Supplements (Nutrient); Vitamins; Minerals; Salt

Appraisal: This attractive pamphlet includes 2 important points about supplements: they do not substitute for food; and too much can be dangerous.

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41 **Your Diet Before and After The Baby Comes.** by Colette Zyrkowsky. Jefferson City, MO, Missouri Division of Health, 1980.

Format: 1 sheet, multifolded

Source: Missouri Division of
Health/WIC Program, P.O. Box 570,
402 Dix Road, Jefferson City, MO
65102

Cost: Free. Limit 100 within Missouri, 10 outside of Missouri.

6th grade reading level/English

Abstract: The importance of good nutrition during pregnancy and after delivery is discussed. A daily food guide lists 4 basic food groups, and fats and oils, along with suggested foods and serving sizes. Fruits and vegetables high in vitamins A and C are highlighted. The number of recommended servings is listed both for adult women and for teenagers, when they are pregnant, nursing, and not pregnant or nursing. A suggested meal plan lists 3 meals and snacks. Brief, general statements offer guidelines for fluid intake, weight gain, use of iodized salt, alcohol, and tobacco during pregnancy and lactation.

Descriptors: Pregnant women; Pregnant adolescents; Pregnancy and nutrition; Food groups; Food guides; Meal patterns; Snack foods

Appraisal: The format is very attractive and well organized, and is useful with a variety of clients. Overall, the information is accurate; but, for brevity, serving sizes of foods are combined and some are inappropriate (e.g., 3/4 cup cooked greens).

AUDIOVISUALS

42 **Building Blood.** Atlanta, Kuona Ltd., 1978.

Format: 4 minute slide set with cassette

Source: Kuona, Ltd., 1303 Spring
Street NW, Atlanta, GA 30309

Cost: $160.00.

English

Abstract: A cartoon character named Crit presents basic facts about iron to a WIC participant. The function of iron in the body, symptoms of iron-deficiency anemia, and the use of the hematocrit are explained. Groups with the highest risk of anemia (e.g., pregnant women) are identified. Iron supplementation and eating iron-rich foods are mentioned as methods for prevention and correcton of iron deficiency anemia.

Descriptors: Pregnant women; Anemia; Iron nutriture; Nutrient sources

Appraisal: A concise presentation appropriate for women (and possibly 4-5 year old children) in the WIC program; it provides an explanation for doing hematocrits and prescribing iron-rich WIC foods.

43 **Prenatal Sweepstakes.** San Francisco, Media West and California Dept of Health, 1977.

Format: 10 minute slide set with cassette

Source: Media West, 447 Vermont Street, San Francisco, CA 94107

Cost: $100; inquire about rentals.

English (white and black versions), and Spanish

Abstract: In a prenatal shopping sweepstakes, pregnant women compete to buy nutritious foods for themselves and their baby. Six shopping aisles represent 6 food groups. Winners are selected on label reading, value shopping, and shopping for freshness. Commentators note principles of nutrition and food purchasing as they announce participants' selections. One contestant selects poor foods.

Descriptors: Instructional media; Pregnant women; Prenatal education; Food groups; Food selection; Prenatal nutrition; Nutrition information

Appraisal: Clear approach for teaching consumer education or smart shopping techniques; suitable for prenatal education.

TEENAGE PREGNANCY

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44 **Food For The Pregnant Teenager** and **Eating for Two: A Healthy Baby and You.** Austin, TX, Texas Dept. of Health, not dated.

Format: Set of 2 single sheets

Source: Texas Dept. of Health, Literature & Forms Unit, 1100 West 49th Street, Austin, TX 78756

Cost: Free. Limit 1 copy outside of Texas.

7th grade reading level/English and Spanish

Abstract: Two publications, "Food for the Pregnant Teenager" and "Eating for Two: A Healthy Baby and You," contain the same information. Each food guide lists selected items with serving sizes from the Basic 4 food groups. The fruits and vegetables group is divided into vitamin A-rich vegetables, vitamin C-rich fruits and vegetables and other choices. A sample menu shows portion sizes; space is provided for the client to plan her own menu. Three well balanced meals, nutritious snacks and 6-8 glasses of fluid are recommended daily, while smoking, drinking and use of unprescribed medications are discouraged.

Descriptors: Pregnant women; Pregnant adolescents; Food guides; Basic Four; Vitamin A; Ascorbic acid; Meal planning

Appraisal: Attractive format and space for menu planning make this useful as a food guide during pregnancy. Information on nutrients is limited.

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45 **Food For The Teenager During Pregnancy,** DHHS Publication No. (HSA) 78-5106. Rockville, MD, U.S. Dept. of Health and Human Services, 1978.

Format: 12 page booklet

Source: Genetics Clearinghouse, P.O. Box 28612, Washington, DC, 20005

Cost: Free. Limit 50 copies.

7th grade reading level/English

Abstract: Written text and charts (no illustrations) describe necessary weight gain, fats and sugars, and nutrients and their functions in the Basic 4 food groups. The food guide describes selection and serving sizes of foods from the 4 groups, with rich vitamin A and vitamin C sources listed separately. Sample meal plans for 3 days are provided and space is allowed for the woman to plan 1 day's diet. Other concerns discussed include: morning sickness; pica; anemia; vegetarian diets; cigarettes; alcohol and drug usage; and sources of financial food assistance.

Descriptors: Pregnant adolescents; Prenatal education; Nutrient sources; Nutrient functions; Basic Four; Meal planning; Ascorbic acid; Vitamin A; Weight gain

Appraisal: Excellent, complete information is presented. Useful for the highly motivated, educated teenager.

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46 **Key Nutrient Series: Your Daily Diet; Vitamin A; Vitamin C; B Vitamins; Better Breakfasts; Calcium; Fats; Carbohydrates; Iron.** Helena, MT, Montana Dept. of Health & Environmental Sciences, 1979.

Format: Set of 8, each 1 sheet folded

Source: Montana Dept. of Health & Environmental Sciences, Maternal & Child Health Bureau Nutrition Programs, Helena, MT 59620

Cost: Free to WIC programs; all others, 15¢ per sheet.

Minimal text/English

Abstract: Separate pamphlets each give a brief overview of requirements, functions, food sources, cooking, and selection tips for individual nutrients. Each pamphlet varies slightly in format, but all offer a self test, quiz, or puzzle, and a recipe. Vitamin A, Vitamin C and Iron pamphlets categorize food sources into highest to lowest sources; B vitamins pamphlet includes note to vegetarians stressing the importance of vitamin B12 in the diet. Carbohydrates pamphlet differentiates among foods with starches, foods with natural sugars and foods made with refined sugars. The Fats pamphlet defines cholesterol, and saturated/unsaturated fats and suggests ways to reduce fat in the diet. Sources and portion sizes equivalent to the calcium content of 1 cup of milk are illustrated in the Calcium pamphlet. The pamphlet on breakfast reviews importance of the first meal of the day and suggests several unique breakfast food ideas.

Descriptors: Nutrient requirements; Nutrient sources; Basic Four; Cholesterol; Vitamins; Fats; Carbohydrates; Iron

Appraisal: Overall a very good series; the B vitamin pamphlet may need clarification in regard to specific foods, and other sources may need to be suggested for other nutrients discussed.

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47 **Munch.** Jefferson City, MO, Missouri Division of Health WIC Program and Wisconsin Dept. of Health and Social Services, 1980.

Format: 13 page booklet

Source: Missouri Division of Health WIC Program, P.O. Box 570, 402 Dix Road, Jefferson City, MO 65102

Cost: Free. Limit 100 copies within Missouri; 10 copies outside of Missouri.

6th grade reading level/English

Abstract: The nutritional needs of pregnant teenagers are presented in a story of a young girl and her interaction with clinic professionals, parents and friends. Specific needs for iron, folic acid and calcium are highlighted. Three food groups (high protein, whole grains, and fruits/vegetables) are the basis for the nutrition information presented. Total weight gain and distribution are discussed and illustrated.

Descriptors: Pregnant adolescents; Prenatal education; Food habits; Food groups; Nutrient sources; Meal planning; Weight gain

Appraisal: Comic book format is styled to appeal to the pregnant teenager and motivate improvement of food habits. Information is limited; clarification of food groups is needed.

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48 **Parenthood Education Program (PEP) Kit.** White Plains, NY, March of Dimes Birth Defects Foundation, not dated.

Format: Kit

Source: March of Dimes Birth Defects Foundation, 1275 Mamaroneck Avenue, White Plains, NY 10605

Cost: $33.00 each (individual parts also available separately; contact source for information).

Varied texts/English

Abstract: A variety of materials (comic books, charts, handouts, etc.) teach teenagers about good nutrition and health care for themselves and their unborn babies. What a pregnant woman should eat and why is examined through such concepts as food groups; the importance of protein, iron, calcium, and vitamins; snacks; menu ideas; and weight gain. The interrelationships of the emotional, psychological, and physical aspects of pregnancy are explored. Feelings, choices, doctors and clinics, exercise, and the needs of the newborn and the new mother are discussed. A developmental time-line chart of fetal development and month-by-month pregnancy diet cards are included.

Descriptors: Instructional materials; Prenatal education; Pregnancy and nutrition; Health needs; Pregnant adolescents; Pregnancy diets; Pregnancy; Psychological aspects; Child care; Reproduction (Biology)

Appraisal: Curriculum design is well organized and flexible. Materials are attractive, motivational, informative, appropriate for teens and have broad ethnic appeal.

49 **Special Concerns For The Pregnant Teenager.** Willimantic, CT, Windham WIC Program, 1980.

Format: 1 sheet, folded

Source: Windham WIC Program, Bridge Street Plaza, Willimantic, CT 06226

Cost: Single copy free. Send self addressed stamped envelope. Multiple copies not available.

7th grade reading level/English

Abstract: Simple language explains the special nutritional demands of pregnancy on a teenager and lists risks for the mother and baby. Early pregnancy testing and prenatal care are encouraged. Tips include: get regular medical care and adequate sleep; exercise; and avoid unprescribed medications. Nutrition information is limited to: eat a variety of foods, and choose milk, fruit, and cheese for snacks. WIC services are explained.

Descriptors: Pregnant adolescents; Prenatal education; WIC Program

Appraisal: The serious, yet entertaining presentation is styled to motivate pregnant teens to obtain prenatal care. The nutrition information is pertinent, but minimal.

50 **WIC Teenage Pregnancy Outcome Project Nutrition Education Modules.** Helena, MT, Montana Dept. of Health & Environmental Sciences, 1980.

Format: 32 page booklet

Source: Montana Dept. of Health & Environmental Sciences, Maternal & Child Health Bureau/Nutrition Programs, Helena, MT 59620

Cost: Free. Limited number of copies available.

7th grade reading level/English

Abstract: Three modules and 3 15-minute mini-lessons are supplied for presentation by a paraprofessional or nutrition educator. Information provided for the group leader includes ideas for establishing rapport, ice breaker activities and task/maintenance functions. The 40- to 50-minute modules are designed for groups of 3 to 7 women. Each specifies objectives, materials needed, class procedure, activities and evaluation methods. Mini-lessons discuss the importance of iron in the diets, advantages of breastfeeding, and a diet comparison checklist.

Descriptors: Instructional materials; Lesson plans; Pregnant adolescents; Prenatal education; Breast feeding; Group dynamics; Iron nutriture

Appraisal: This well thought out and carefully detailed presentation can be used with all ages of pregnant women and could be adapted to various ethnic groups.

51 **Working With The Pregnant Teenager: A Guide For Nutrition Educators.** Washington, DC, USDA Food and Nutrition Service, 1981.

Format: 34 page booklet with 2 posters and 1 chart

Source: USDA/FNS/Nutrition & Technical Services Division, Room 609, Alexandria, VA 22302

Cost: Single copy free; limited supply available; specify posters and chart to be included.

9th grade reading level/English

Abstract: Criteria for nutritional risk, nutritional requirements of teenagers, and counseling strategies are explained. Four sample lesson plans, especially designed for teens, provide learning activities, materials to meet stated objectives and evaluation activities, including a nutrition self assessment questionnaire. The large wall chart, "How a Baby Grows," describes and illustrates the monthly growth of the fetus and changes in the mother's body, and highlights appropriate health care measures. Two additional posters show photographs of teenagers and promote wise food choices, and good health habits.

Descriptors: Instructional materials; Diet counselling; Lesson plans; Teaching guides; Pregnant adolescents; Prenatal nutrition; Prenatal education

Appraisal: An excellent compilation of information on teen pregnancy, individual nutrition counseling strategies, and group lesson plans. The counseling strategies, lesson plans and wall chart can be used with all ages.

52 **You And Your Baby.** Fremont, MI, Gerber Products Company, 1981.

Format: 16 page booklet

Source: Gerber Products Company, Medical Marketing Services, 445 State Street, Fremont, MI 49412

Cost: Single copy or reasonable number of copies free; contact source.

6th grade reading level/English

Abstract: The impact of a new baby on the life of a teenager is described in an easy-to-read style. Expectations, mood swings, lifestyle changes and coping mechanisms are discussed. Toys, pictures and music are suggested to stimulate the baby's senses. The development of a caring, loving mother-child relationship is emphasized.

Descriptors: Pregnant adolescents; Emotional states; Attitudes; Child care; Child development; Mother-child relationship

Appraisal: A warm and sympathetic presentation with delightful drawings and large print. There is no mention of nutrition.

ALCOHOL AND CAFFEINE USE DURING PREGNANCY

53 **Alcohol And Pregnancy Don't Mix!!!** Martinez, CA, Contra Costa County Health Services, Public Health and WIC Program, 1981.

Format: 1 sheet, multifolded

Source: Contra Costa County Health Services, WIC Program, 1111 Ward Street, Martinez, CA 94553

Cost: Single copy free. Permission to copy with credit to Contra Costa County WIC Program. Send self addressed stamped envelope.

5th grade reading level/English

Abstract: The effects of drinking while pregnant are explained. Physical and mental abnormalities characteristic of fetal alcohol syndrome are listed. Engaging in various physical activities, seeking companionship, drinking non-alcoholic beverages and eating nutritious snacks are suggested as healthful alternatives to drinking alcohol.

Descriptors: Pregnant women; Alcoholic beverages; Fetal alcohol syndrome

Appraisal: A highly motivating presentation with a positive approach, no moralizing and a very attractive format.

54 **Alcohol, Your Baby, And You.** Salem, OR, Association for Retarded Citizens of Oregon, 1980.

Format: 1 sheet, multifolded

Source: Prevention & Research Committee, Association for Retarded Citizens of Oregon, 3085 River Road NE, Salem, OR 97303

Cost: Free.

6th grade reading level/English

Abstract: The physiological effects of fetal alcohol syndrome are listed. Uncertainty about the safe limit of alcohol intake is discussed; for absolute safety, cessation of drinking is recommended. Equivalents for 1 ounce of alcohol in mixed drinks, wine, and beer are illustrated. Local resources for aid in controlling drinking are listed.

Descriptors: Pregnant women; Alcoholic beverages; Fetal alcohol syndrome

Appraisal: A non-emotional presentation which concludes that drinking alcohol during pregnancy is not safe. The presentation of alcohol equivalents may be confusing.

55 **Caffeine And Pregnancy,** Publication No. (FDA) 81-1081. Rockville, MD, U.S. Dept. of Health and Human Services, 1981.
Format: 1 sheet, folded

Source: U.S. Dept. of Health & Human Services, Public Health Service, Food and Drug Administration, Office of Public Affairs, 5600 Fishers Lane, Rockville, MD 20857

Cost: Up to 200 copies free.

8th grade reading level/English

Abstract: The rationale for discouraging use of caffeine-containing products during pregnancy is explained. Sources of caffeine, its effects on the central nervous system, and maternal-fetal exchange are described. Caffeine content (in mgs.) of food products, prescription and non-prescription drugs is listed.

Descriptors: Pregnant women; Caffeine; Maternal-fetal exchange; Birth defects

Appraisal: Good information is presented on caffeine. The text is extensive and closely spaced.

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56 **Drinking While Pregnant.** Phoenix Bureau of Nutrition, Arizona Dept. of Health Services, 1980.

Format: 1 sheet, multifolded

Source: Arizona Dept. of Health Services, Bureau of Nutrition, 4324 North Central Avenue, Suite 300, Phoenix, AZ 85012

Cost: Free to local Arizona State WIC/Nutrition Programs; limit 1 copy outside of Arizona.

5th grade reading level/[illegible]

Abstract: The physiological effects of alcohol on infants' and children's birthweight, growth, and mental development are described. The maternal-fetal exchange of alcohol is explained simply. Tobacco and other drug use is discouraged during pregnancy and alcohol use also is discouraged during breastfeeding. Adequate diet, exercise and prenatal care are advised. Illustrations depict native Americans. Special emphasis is placed on the father's role in aiding and informing family members of the dangers of alcohol use.

Descriptors: Pregnant women; Alcoholic beverages; Maternal-fetal exchange; Fetal alcohol syndrome

Appraisal: A dramatic presentation which clearly presents the dangers of alcohol consumption during pregnancy; space is provided to list local sources of help.

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57 **Rex Morgan, M.D. Talks About Your Unborn Child.** Rockville, MD, National Clearinghouse for Alcohol Information (NCALI), 1980.

Format: 14 page comic book

Source: NCALI, P.O. Box 2345, Rockville, MD 20852

Cost: Single copy free; contact source for information on bulk orders.

5th grade reading level/English and and Spanish

Abstract: Fictional story describes etiology and effects of fetal alcohol syndrome in conversational style. Early prenatal care and regular medical advice are recommended.

Descriptors: Pregnant women; Alcoholic beverages; Maternal-fetal exchange; Fetal alcohol syndrome

Appraisal: Makes a point very well and gives the information completely, in an easy-to-read comic book format.

58 **Stop! Think! Don't Drink!** New Orleans, Louisiana Dept. of Health & Human Resources, 1980.

Format: 1 sheet, folded

Source: Office of Health Services and Environmental Quality, Louisiana Dept. of Health & Human Resources, Nutrition Services, New Orleans, LA 70160

Cost: Single copy free; permission to reproduce if credit given to source.

6th grade reading level/English

Abstract: The action of alcohol in producing fetal alcohol syndrome is described through the use of bold print and simple illustrations. Physical and mental effects of fetal alcohol syndrome are listed. Non-alcoholic beverage alternatives are suggested.

Descriptors: Pregnant women; Alcoholic beverages; Fetal alcohol syndrome

Appraisal: An alarming presentation of the dangers of drinking alcohol during preganancy.

BREASTFEEDING

59 **Baby's Best Food.** Baltimore, MD, Maryland State Dept. of Health & Mental Hygiene, 1978.

Format: 7 page booklet

Source: Maryland State Dept. of Health & Mental Hygiene, Preventive Medicine Administration, 20[illegible] West Preston Street, Baltimore, MD 21201

Cost: Free. limit 1 copy outside of Maryland.

7th grade reading level/English

Abstract: Baby's and mother's physiological, economical, and psychological benefits from breastfeeding are described. A food guide using the Basic 4 food groups, lists recommended servings and serving sizes. Hints are provided on snacking, weight gain, use of medications and tobacco, and how long to breastfeed. Answers to several common breastfeeding questions are given. Selected books and the services of La Leche League and the International Childbirth Association are suggested for more information.

Descriptors: Breast feeding; Motivation; Food guides; Basic Four

Appraisal: This attractive pamphlet serves best as a motivational device, because techniques of breastfeeding are not covered. There are errors in milk equivalents. Also, sources of vitamins A and C need to be clarified.

60 **Baby's Photo Album.** New Haven, CT, Hill Health Center WIC Program, 1980.

Format: 1 sheet, multifolded

Source: Advocate Press, 441 Chapel Street, New Haven, CT 06511 (203) 777-0900

Cost: Varies with volume of order. Contact source for pricing.

7th grade reading level/English

Abstract: Brief statements and illustrations highlight breastfeeding advantages to mother and baby. Benefits for baby include: good health; adequate weight gain; and nutritional qualities of breast milk. Economy, convenience and weight loss are advantages for mother. Frequently asked questions about preparation for breastfeeding, working and breastfeeding, adequacy of breast milk and the time required to breastfeed are answered.

Descriptors: Breast feeding; Motivation

Appraisal: Excellent format and clear, simple presentation of information. Illustrations appeal to all ethnic groups. Conclusion "Nothing beats home cooking!" is memorable.

61 **Benefits Of Breastfeeding.** Des Moines, IA, Iowa State Dept. of Health, 1980.

Format: 1 sheet, folded

Source: Nutrition Section, Iowa State Dept. of Health, Lucas State Office Building, Des Moines, IA 50319

Cost: 3¢ per copy, plus shipping.

Minimal text/English and Spanish

Abstract: A one-page pamphlet gives breastfeeding advantages to baby and mother. Doctor, nurse, La Leche League and WIC nutritionist are suggested sources for further information.

Descriptors: Breast feeding; Motivation

Appraisal: Information is concise, but may require further explanation. Most benefits of breastfeeding are listed.

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62 **Breastfeeding.** Evansville, IN, Mead Johnson and Company, not dated.

Format: Set of 2 posters

Source: Mead Johnson and Company, 2404 Pennsylvania Avenue, Evansville, IN 47721

Cost: Free.

Minimal text/English

Abstract: Two posters promote breastfeeding. A drawing of a woman in shades of yellow with a baby at her breast and 2 older children looking on has message which states, "Breastfeeding: the gift of good nutrition." Other poster shows a drawing of a black woman nursing an infant with a smiling man beside her. Red print states, "Breast milk: the ideal nutrition for your baby."

Descriptors: Breast feeding; Instructional aids

Appraisal: Attractive posters promote breast milk as the ideal infant food. Mead Johnson logo appears unobtrusively at bottom of posters.

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63 **Breastfeeding,** DHEW Publication No. (HSA)79-5109. Rockville, MD U.S. Dept. of Health and Human Services, 1980.

Format: 22 page booklet

Source: U.S. HHS/DHS/HSA, Bureau of Community Health Services, 5600 Fishers Lane, Rockville, MD 20857

Cost: Up to 10 copies free. Permission given to reprint.

7th grade reading level/English

Abstract: Most concerns of breastfeeding are addressed in a narrative and question and answer form. Promotional information, breastfeeding procedure and technique are explained. Minor discomfort and problem questions are answered. Sources of additional help (persons, organizations and books) are listed. The Special Considerations section briefly discusses breastfeeding a premature infant, twins and triplets. Functional illustrations depict manual milk expression, nursing and baby burping positions. A daily food guide for nursing mothers, lists the number of servings recommended from each food group, for nursing mothers, nutrients provided, selected foods, and portion sizes.

Descriptors: Breast feeding; Lactating women; Food guides

Appraisal: Accurate and helpful information presented in extensive text, small print, with attractive illustrations.

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64 **Breast Feeding.** by Carolyn Malone. Portland, ME, People's Regional Opportunity Program, Cumberland County WIC Program, 1980.

Format: 13 page booklet

Source: People's Regional Opportunity Program, Cumberland County WIC Program, 145 Newbury Street, Portland, ME 04101

Cost: Single copy free; $300.00 for 1,000 copies, available from printer (contact source). Camera-ready copy available.

9th grade reading level/English

Abstract: Breastfeeding is promoted with a point-by-point comparison to bottle feeding. Special concerns, such as breastfeeding after Caesarean delivery, restricting the diet and increasing the milk supply, are presented in a question/answer format. The function and importance of colostrum and the letdown reflex are described. An annotated list of selected books are recommended for further information. A daily food guide and 3-day food record chart are included.

Descriptors: Breast feeding; Colostrum; Bottle feeding; Food guides

Appraisal: Although it lacks illustrations, the format is attractive and well spaced. Information is clearly and simply presented in a reassuring manner. Promotion of breastfeeding does not disparage bottle feeding; alcohol use is approved in moderation.

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65 **Breast Feeding.** Charleston, SC, Trident Health District, not dated.

Format: 5 page booklet

Source: Trident Health District, 334 Calhoun Street, Charleston, SC 29401

Cost: Single copy free. Multiple copies not available. Send self addressed stamped business size envelope.

7th grade reading level/English

Abstract. Breastfeeding is promoted by description of advantages for baby and mother. Breast preparation during late pregnancy is explained. Recommended numbers of servings from the Basic 4 food groups during pregnancy and lactation are listed. Feeding techniques, schedule, and weaning are briefly explained.

Descriptors: Breast feeding; Motivation

Appraisal: Information on prenatal nipple preparation and feeding technique is good, but the food guide requires clarification as to foods in each group and serving sizes.

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66 **Breastfeeding, Naturally.** Franklin Park, IL, La Leche League International, not dated.

Format: Poster

Source: La Leche League International, 9616 Minneapolis Avenue, Franklin Park, IL 60131

Cost: Free.

Minimal text/English

Abstract: A full color photograph shows a Caucasian woman breastfeeding an infant with 2 young girls watching. A message in blue print on the pink background promotes breastfeeding. The La Leche League address is printed at the bottom.

Descriptors: Breast feeding; Motivation

Appraisal: The photograph has a warm and happy feeling. It is oriented toward a white, middle-class audience.

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67 **Breastfeeding: Good For Your Baby And Good For You.** Albany, NY, New York State Dept. of Health, 1980.

Format: Poster

Source: New York State Dept. of Health, WIC Program, Empire State Plaza, Tower Building, Room 840, Albany, NY 12237

Cost: Single copy free from source for bulk order prices, contact Health Education Services, Inc., Box 7126 Albany, NY 12224.

Minimal text/English

Abstract: A colorful poster features a drawing of a woman breastfeeding. An accompanying brief, clearly written message states that breastfeeding information is available from health care facilities and local health departments.

Descriptors: Breast feeding

Appraisal: High quality design and lack of facial features make this appealing for any ethnic group.

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68 **Breastfeeding Is Clean, Easy, Safe, Healthy, Natural And Less Costly.** Chicago, IL, Chicago Dept. of Health, not dated.

Format: 1 sheet, multifolded.

Source: Chicago Dept. of Health, R.J. Daley Center CL-88, Chicago, IL 60660

Cost: Single copy free. Send self addressed stamped envelope. Multiple copies not available.

4th grade reading level/English and Spanish

Abstract: Guidelines for initiation and successful continuation of breastfeeding are divided into 3 general time periods. Breast preparation and care is described for the prenatal months; feeding techniques for positioning, frequency and length of feedings are discussed during hospitalization; and tips for maintaining adequate milk supply and feeding schedule are given for home guidance. A food guide is given along with recommendations for liquids, vitamins, snacks, use of drugs, and rest. Other information covers consistency and color of baby's bowel movements, breast milk color, nipple soreness, and leakage.

Descriptors: Breast feeding; Methods; Basic Four

Appraisal: Information is well organized and helpful, but the food guide needs to be expanded as to size of servings and sources of vitamin A. Lack of illustrations limits appeal.

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69 **Breastfeeding Manual.** Albany, NY, New York State Dept. of Health, 1981.

Format: 12 page booklet

Source: New York State Dept. of Health, WIC Program, Empire State Plaza, Tower Building, Room 840, Albany, NY 12237

Cost: Single copy free from source; for bulk order prices, contact Health Education Services, Inc., Box 71126, Albany, NY 12224.

5th grade reading level/English

Abstract: Breastfeeding preparation before baby's birth and nursing procedures and techniques are explained without the use of technical terms. A food guide lists food groups (with special emphasis on vitamin C-rich fruits and vegetables) portion sizes for selected foods, and the number of servings recommended for pregnant and breastfeeding women. Brief information is provided on weaning, working while breastfeeding, and relaxation. A few words for father also are included

Descriptors: Breast feeding; Food guides; Lactating women

Appraisal: This attractive pamphlet provides a thorough introduction to breastfeeding. Ideal as a handout for those contemplating breastfeeding as well as for those already nursing.

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70 **Breastfeeding: Nature's Way To Feed Your Baby.** Washington, DC, Center for Science in the Public Interest, 1978.

Format: 1 sheet, multifolded

Source: Center for Science in the Public Interest, 1755 S Street NW, Washington, DC 20009

Cost: 25¢ each; 100 copies or more, 12¢ each.

7th grade reading level/English

Abstract: Breastfeeding is promoted as nutritionally, ecologically and economically sound. Specific benefits to both mother and baby are listed. Brief statements about diet during lactation encourage use of whole grains and low fat dairy products, and discourage use of liver and freshwater fish. Clients are referred to La Leche League International for further information or support.

Descriptors: Breast feeding; Motivation; Maternal nutrition

Appraisal: Very complete information on the advantages of breastfeeding is provided in an attractive format.

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71 **Breastfeeding: Nature's Way To Feed Your Baby.** Raleigh, NC, Division of Health Services, 1980.

Format: 1 sheet, multifolded

Source: Division of Health Services, Nutrition and Dietary Service Branch, P.O. Box 2091, Raleigh, NC 27602

Cost: Single copy free. Multiple copies not available outside of North Carolina.

7th grade reading level/English, Vietnamese, and Laotian

Abstract: Nutritional, physiological and economic advantages of breastfeeding are discussed. Other information stresses importance of a balanced diet, family support, breast preparation and birth control.

Descriptors: Breast feeding; Motivation

Appraisal: Complete and helpful information plus an attractive format make this a useful pamphlet. The cover silhouette of father, mother and nursing baby has wide appeal. No food guide is given.

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72 **Breastfeeding: The Natural Way To Feed Your Baby.** Jackson, MS. Mississippi State Board of Health, 1981.

Format: 1 sheet, multifolded

Source: State Board of Health, WIC Program, 2906 North State Street, Suite 600, Jackson, MS 39216

Cost: Single copy free.

7th grade reading level/English

Abstract: Benefits of breastfeeding for baby and mother and preparation, procedures and techniques for successful nursing are given. Some of the concerns covered in a question/answer format include: breastfeeding twins; appearance of breast milk and baby's stool; nursing during the menstrual period, and weaning. A food guide lists number of servings and examples from several food groups and liquids, with separate listings of fruits and vegetables rich in vitamins A and C.

Descriptors: Breast feeding; Food guides; Nutrient sources; Weaning

Appraisal: Much helpful information is presented, but some clarification is needed in the fruit and vegetable listings. The small print and lack of illustrations may limit the appeal.

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73 **Breastfeeding: These First Weeks At Home.** Willow Grove, PA, Health Education Associates, 1978
Format: 1 sheet, multifolded

Source: Health Education Associates, 520 School House Lane, Willow Grove, PA 19090

Cost: $7.00 for 100 copies.

7th grade reading level/English

Abstract: A question and answer format addresses the physiological supply and demand of milk production, how to tell when baby is getting enough milk, and how to cope with a crying or colicky baby. Tips on caring for sore nipples and finding help for breastfeeding problems also are discussed. Guidelines are given for establishing a reasonable daytime feeding schedule.

Descriptors: Breast feeding; Lactation; Motivation

Appraisal: A great deal of reassuring and helpful information is presented with an emphasis on individual needs. Print size is very small.

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74 **Breastfeeding Your Baby.** Sells, AZ, Papago Nutrition Improvement Program, not dated.

Format: 30 page booklet

Source: Arizona Lithographers, 825 East Broadway, Tuscon, AZ 85719

Cost: 80¢ each; contact source for bulk order prices.

6th grade reading level/English

Abstract: Large, easy-to-read statements and realistic illustrations featuring dark skinned women promote breastfeeding. The advantages of breastfeeding are listed and the need for prenatal planning and breast preparation are emphasized. Physiological breast changes, milk production, let-down reflex, nursing positions, procedures and schedules, nipple care and maintaining an adequate milk supply are explained. Advice is given for special problems, such as engorgements, leaking, sore nipples, supplementary feedings and birth control. Local source for additional information is given.

Descriptors: Breast feeding; Methods; Lactating women; Illustrations

Appraisal: Beautiful, warm illustrations with brown print on peach colored paper enhance this attempt to improve the incidence and success of breastfeeding among native Americans.

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75 **Breastfeeding Your Baby.** by Cheryl H. Bell. Martinez, CA, Contra Costra County Health Services, 1981.

Format: 1 sheet, multifolded

Source: Contra Costa County Health Services, WIC Program, 1111 Ward Street, Martinez, CA 94553

Cost: Single copy free. Send self addressed stamped envelope. Permission to reprint with credit to Contra Costa County WIC Program.

6th grade reading level/English

Abstract: Advantages of breastfeeding for the baby, such as facial muscle development, maternal recognition, and bioavailability of iron in breast milk, are mentioned; benefits to the mother also are listed. Other information describes early nursing procedure and breast care. A food guide based on the Basic 4 outlines amounts and types of foods needed for optimal intake and highlights foods rich in vitamin A and folic acid. Cautions against the use of medications, alcohol and against smoking are included.

Descriptors: Breast feeding; Motivation; Food guides

Appraisal: Combines motivational information with some facts about breastfeeding. However, additional information on technique is needed, and the food guide needs clarification as to serving sizes. Format is attractive, although print size is small.

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76 **Breastfeeding Your Baby: Is It For You?** Dallas, TX, Dallas City Health Dept., 1980.

Format: 1 sheet, folded

Source: WIC Project 07, City of Dallas Health Dept. 2922B Martin Luther King, Jr., Boulevard, Dallas, TX 75215

Cost: Single copy free. Send self addressed stamped legal size envelope. Multiple copies not available.

6th grade reading level/English and Spanish

Abstract: Advantages of breastfeeding for both mother and baby are listed and explained briefly. Answers to common questions about breastfeeding cover birth control, ability to breastfeed, breast shape and lifestyle restrictions.

Descriptors: Breast feeding

Appraisal: Mentions main advantages of breastfeeding without disparaging bottle feeding.

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77 **Breast Massage And Hand Expression Of Breast Milk: Collection And Storage Of Breast Milk.** Willow Grove, PA, Health Education Associates, 1977.

Format: 1 sheet, multifolded

Source: Health Education Associates, 520 School House Lane, Willow Grove, PA 19090

Cost: $7.00 for 100 copies.

7th grade reading level/English

Abstract: Purposes of and instructions for breast massage and hand expression of milk are explained. Step-by-step procedures for aseptic collection and storage are given. A question/answer section discusses breast milk appearance and frequency of and need for hand expression while working, when breasts are engorged, or when nursing is temporarily discontinued.

Descriptors: Breast feeding; Human milk; Milk banking

Appraisal: Excellent information emphasizes individual needs and how to prevent and deal with problems that may arise. Lengthy text in small print.

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78 **Breast Milk Is Best.** Washington, DC, Center for Science in the Public Interest, 1975.

Format: Poster

Source: Center for Science in the Public Interest, 1755 S Street NW, Washington, DC 20009

Cost: $3.00 paper; $6.00 laminated.

Minimal text/English

Abstract: A drawing of a contented mother nursing a satisfied baby conveys the title message without additional words.

Descriptors: Breast feeding; Motivation

Appraisal: A concise, visually appealing message.

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79 **Breast Milk Is Best For Your Baby.** St. Paul, MN, St. Paul/Ramsey County Nutrition Program, 1980.

Format: 1 sheet

Source: St. Paul/Ramsey County Nutrition Program, 555 Cedar Street, St. Paul, MN 55107

Cost: 6¢ each, plus $2.00 handling charge per order.

4th grade reading level/ English, Vietnamese, Cambodian, and Laotian.

Abstract: The number of recommended servings and suggested serving sizes for the breastfeeding mother are given for 3 basic food groups: staple foods (breads and cereals); body-building foods (meat and vegetable proteins, milk products); and protective foods (fruits and vegetables). Food variety and adequate fluid intake are suggested in a 3 meal plus 3 snack feeding pattern.

Descriptors: Breast feeding; Food guides; Food groups; Instructional aids

Appraisal: Pictorial representation of foods and serving sizes, and a food guide adapted to Asian cultures make this a useful resource.

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80 **Breast Milk Is Good For Your Baby Because...** Chicago, Chicago Dept. of Health, not dated.

Format: 1 sheet, folded

Source: Chicago Dept. of Health, R.J. Daley Center Room CL88, Chicago, IL 60660

Cost: Single copy free. Multiple copies not available.

7th grade reading level/English and Spanish

Abstract: A half-page promotional handout lists the physiological, emotional and economical advantages of breastfeeding to mother and baby.

Descriptors: Breast feeding

Appraisal: The flyer is very brief and mentions only a few advantages.

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81 **Breast Milk: The Best Food You Can Give Your Baby.** Sacramento, CA, California Dept. of Health Services, not dated.

Format: poster

Source: WIC Supplemental Food Section, California Dept. of Health Services, 714 P Street, Sacramento, CA 95814

Cost: Free.

Minimal text/English and Spanish

Abstract: A water color drawing in shades of blue shows a dark skinned mother with an infant at the breast. A large blue ribbon in the background is labeled, "Breast Milk...The best food you can give your baby."

Descriptors: Breast feeding

Appraisal: The message is clearly stated in this poster particularly appropriate for an Hispanic audience.

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82 **Fathers Ask: Questions About Breastfeeding.** Willow Grove, PA, Health Education Associates, Inc., not dated.

Format: 1 sheet, multifolded

Source: Health Education Associates, Inc., 211 South Easton Road, Glenside, PA 19068

Cost: 7¢ each. $7.00/100 copies (plus postage) prepaid.

7th grade reading level/English

Abstract: Concerns a father or mother may have about breastfeeding are addressed in a question/answer format: advantages (physiological, economical, emotional); supportive functions; nursing after a Caesarean delivery; sexual relations; birth control; adequate milk supply; and the father's role in child care.

Descriptors: Breast feeding; Fathers; Attitudes; Lactating women

Appraisal: A unique publication which provides excellent and helpful information for fathers and mothers. Lengthy text and small print.

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83 **Feeding Your Baby.** Richmond, VA, Virginia Dept. of Health, 1980.

Format: 1 sheet, folded

Source: Virginia Dept. of Health WIC Program, 823 East Main Street, Richmond, VA 23219

Cost: Free. Limit 1 copy outside of Virginia. Available to state agencies only.

7th grade reading level/English, Spanish, and Vietnamese

Abstract: Single sentence statements describe the advantages of breastfeeding including nutrition, convenience, allergy and disease protection, economy, and maternal weight loss. A food guide suggests eating increased quantities (during the prenatal period) of milk, protein foods, vitamin C-rich foods, enriched grains and liquids.

Descriptors: Breast feeding

Appraisal: Although presentation and format are minimal, information is clear and accurate. Drawings show a variety of foods.

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84 **Give Your Baby The Best: Breast Feed.** Houston, TX, Baylor College of Medicine, 1980.

Format: 32 page booklet

Source: Breastfeeding Booklet, Office of Public Affairs, Room 176-B, Baylor College of Medicine, 1200 Moursund, Houston, TX 77030

Cost: Single copy free. Send self addressed stamped business size envelope; limited number of copies available.

3rd grade reading level/English

Abstract: Comprehensive information describes care of mother and baby during lactation. The advantages of breastfeeding for baby, mother and family, the unique qualities of colostrum and breast milk, breast preparation, maternal diet, and optimum weight gain during pregnancy are initially addressed. The infant care section describes procedures for initiating breastfeeding, positioning, establishing a schedule, maintaining adequate milk supply, manual expression, storage and reheating of breastmilk, and weaning. Diet during lactation, appropriate clothing, comfort measures, and birth control methods are described. Methods for coping with special situations, such as nursing twins or after Caesarean delivery, what to do when mother or baby is sick, and sources of help are explained.

Descriptors: Breast feeding; Infant feeding; Pregnant women; Food guides; Weaning; Lactating women; Illness

Appraisal: This beautiful booklet tells all a mother needs to know about breastfeeding. The multiracial line drawings are appealing and very supportive to the text.

85 **Guide To Breastfeeding.** Des Moines, IA, Iowa State Dept. of Health, 1980.

Format: 1 sheet, folded

Source: Nutrition Section, Iowa State Dept. of Health, Lucas State Office Building, Des Moines, IA 50319

Cost: 3¢ per copy, plus shipping.

7th grade reading level/English and Spanish

Abstract: Preparation and care of breasts before and during nursing are outlined. Procedures for breastfeeding include techniques for increasing nursing time, breaking suction, and discouraging biting. Brief recommendations are made for adequate diet, weaning, and supplemental feeding.

Descriptors: Breast feeding; Methods

Appraisal: Information is concise and well-written, but may require explanation for clarity. No food guide is given.

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86 **Have You Considered Breastfeeding?** Ventura, CA, Ventura County Health Care Agency, 1979.

Format: 1 sheet, folded

Source: Ventura County Health Care Agency, 3147 Loma Vista Road, Ventura, CA 93009

Cost: Single copy free. Send self addressed stamped envelope. Multiple copies not available.

6th grade reading level/English and Spanish

Abstract: Advantages for baby and mother are listed. Several frequently asked questions are answered: nipple soreness, public nursing, adequate milk production and special dietary requirements.

Descriptors: Breast feeding; Infant feeding

Appraisal: Format is minimal, but information is good. Purpose is motivational.

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87 **Have You Considered Breastfeeding Your Baby?** Rochester, NY, International Childbirth Education Association, 1972.

Format: 1 sheet, folded

Source: International Childbirth Education Association, Box 2728, Ridgemont Branch, Rochester, NY 14626

Cost: Free.

6th grade reading level/English

Abstract: Several concerns about breastfeeding are highlighted and briefly discussed: modesty, ease, convenience, economy, and disease protection for baby. Questions and answers cover topics such as weaning, milk supply, substitute feedings and working while breastfeeding.

Descriptors: Breast feeding; Motivation

Appraisal: Makes good points in non-threatening and positive manner. Material includes statement about inexpensive foods you can eat for extra protein to substitute for milk.

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88 **Hints For Healthy Breastfeeding.** Dallas, TX, Dallas City Health Dept., 1980.

Format: 1 sheet, folded

Source: WIC Project 07, City of Dallas Health Dept, 1936 Amelia Court, Dallas TX 75235

Cost: Single copy free. Send self addressed stamped legal size envelope. Multiple copies not available.

7th grade reading level/English and Spanish

Abstract: A food guide outlines serving sizes and daily servings needed from the Basic 4 food groups with an emphasis on fruits and vegetables high in vitamins A and C. Other hints recommend adequate fluid and vitamin C intake and warn against use of drugs, caffeine and foods which may alter breast milk flavor. Use of infant supplements is discussed.

Descriptors: Breast feeding; Basic Four; Nutrient sources

Appraisal: Approach is warm and positive. Serving sizes are not given for fruits and vegetables; there are some errors in the listing.

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89 **The Natural Thing To Do.** Atlanta, GA, Georgia Dept. of Human Resources, not dated.

Format: 1 sheet, multifolded

Source: Georgia Dept. of Human Resources, Office of Nutrition, Room 3545, 47 Trinity Avenue SW, Atlanta, GA 30334

Cost: Free. Limit single copy outside of Georgia.

6th grade reading level/English

Abstract: Breastfeeding advantages to the baby are listed under a photograph of a black woman attentively nursing her infant. Instructions are provided for breast preparation and initiation of breastfeeding, including drawings showing the correct positioning of the nipple in baby's mouth. A description of special maternal needs lists a few nutritious foods to be included in the diet and cautions against use of drugs, caffeine-containing foods and smoking. Brief information on weaning is given and clients are referred to the local health department for assistance. Common concerns addressed in a question/answer section include frequency of nursing, adequacy of milk supply, nipple soreness, leakage, and breastfeeding while sick.

Descriptors: Breast feeding; Infant feeding; Weaning; Pregnant women; Lactating women

Appraisal: Combines warm and positive approach with helpful information and attractive format. No food guide is given.

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90 **Nursing Is Easy When You Know How.** Willow Grove, PA, Health Education Associates, 1980.

Format: 1 sheet, multifolded.

Source: Health Education Associates, 520 School House Lane, Willow Grove, PA 19090

Cost $7.00 for 100 copies.

5th grade reading level/English

Abstract: Specific techniques for successful breastfeeding are explained: how often and how long to nurse; supply/demand relationship; how to care for sore nipples; how to tell whether baby is getting enough milk; and how to begin establishing a daytime feeding schedule. Introduction of a bottle and the effect of bottlefeeding on milk supply also are discussed.

Descriptors: Breast feeding; Methods; Bottle feeding

Appraisal: Helpful and reassuring information emphasizes individual values and concerns. Lengthy text and small print [illegible]

91 **Poster Series: Listen To The Voice Of Wisdom; Breastfed And Proud; You Owe It To Your Baby; Family Portrait.** Sells, AZ, Papago Nutrition Improvement Program, not dated.

Format: Set of 5 posters

Source: Arizona Lithographers, 825 Broadway, Tuscon, AZ 85719

Cost: 2-color: minimum order of 50, 81¢ each; 100, 61¢ each; 1000, 43¢ each. 4-color: Minimum order of 50, $1.15 each; 100, 88¢ each; 1000, 59¢ each. Contact source to confirm prices.

Minimal text/English

Abstract: Six posters, all picturing native Americans, promote breastfeeding. "Listen to the voice of wisdom...breastfeed your baby" has a photograph of a young woman breastfeeding a baby with an older woman looking on approvingly. "You owe it to your baby...learn more about breastfeeding" shows a pregnant woman in a rocking chair holding a copy of the book entitled, "The Complete Book of Breastfeeding." Separate posters, one with a female infant and one with a male infant, show child wearing T-shirt, "Breast Fed 'n Proud." "Family Portrait" depicts a mother breastfeeding a baby, while father, with an older child on his lap, looks on.

Descriptors: Breast feeding; Motivation; Photographs

Appraisal: Photographic posters reinforce "Breastfeeding Your Baby" (listed earlier) by the same publisher.

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92 **Prenatal Breast Care: Preparing For Breastfeeding.** Willow Grove, PA, Health Education Associates, 1978.

Format: 1 sheet, multifolded

Source: Health Education Associates, 520 School House Lane, Willow Grove, PA 19090

Cost: $7.00 for 100 copies.

7th grade reading level/English

Abstract: Three types of nipples are described and pictured. Nipple exercises suitable for all women, the Hoffman technique, and the use of milk cups for flat or inverted nipples are described and illustrated. The purpose and function of nipple preparation, use of breast care creams and the importance of motivation and support are included in a question and answer section.

Descriptors: Breast feeding; Lactation; Prenatal education

Appraisal: Excellent, complete, and interesting information with useful illustrations to support the lengthy text. Print is very small, but the format makes it easy to follow.

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93 **Think About Breastfeeding Now.** Albany, NY, New York State Dept. of Health, 1980.

Format: 1 sheet, multifolded

Source: New York State Dept. of Health, Bureau of Nutrition, WIC Program, Empire State Plaza, Tower Building, Room 840, Albany, NY 12237

Cost: Single copy free from source; for bulk order prices, contact Health Education Service, Inc., Box 7126, Albany, NY 12224.

5th grade reading level/English and Spanish

Abstract: Brief, simple statements explain the physiological and economical advantages of breastfeeding for both mother and baby. The pregnant woman is encouraged to prepare for nursing before the baby's birth; it is suggested that further information can be obtained from the local health provider or health department. Coordinated with poster of same title.

Descriptors: Breast feeding; Motivation

Appraisal: Combines high quality design with appealing presentation of information. Three ethnic groups (Spanish, Black, Caucasian) are shown.

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94 **Think About Breastfeeding Now.** Albany, NY, New York State Dept. of Health, not dated.

Format: 3 posters

Source: New York State Dept. of Health, Bureau of Nutrition WIC Program, Empire State Plaza, Tower Building, Room 840, Albany, NY 12237

Cost: Single copy free from source; for bulk order prices, contact Health Education Service, Inc., Box 7126 Albany, NY 12224.

Minimal text/English (black), English (white), and Spanish

Abstract: Each poster features a cartoon-type drawing of a pregnant woman with either white, dark, or black complexion, imagining herself breastfeeding her baby. The message states "Think about breastfeeding now." and suggests asking for information at the local health care unit or health department.

Descriptors: Breast feeding; Motivation

Appraisal: Illustration is appealing and the point is clear without having to read the message.

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95 **Thinking Of Breastfeeding?** by Sarah M. Hinton, Diane R. Kerwin, and Barbara F. Mann. Raleigh, NC, Dept. of Human Resources, State of North Carolina, 1980.

Format: 12 page flipchart

Source: Nutritional Dietary Services Branch, Division of Health Services, P.O. Box 2091, Raleigh, NC 27602

Cost: Single copy may be given or loaned to other state agencies, as supplies permit.

7th grade reading level/English

Abstract: Easily read format briefly describes and illustrates areas of concern during breastfeeding: importance of calm environment and supportive family; technique; breast care; length of time to breastfeed; and supplemental feedings. Dietary information includes a daily food guide, calorie needs, fluid requirements, avoidance of alcohol, drugs and tobacco. Benefits of breastfeeding to mother and baby are listed.

Descriptors: Breast feeding; Methods; Illustrations; Food guide; Instructional aids

Appraisal: Multi-ethnic drawings are clear and help to illustrate concepts. Daily food guide needs supplemental information on foods and sizes of servings for each group. Prenatal nipple preparation and when to start breastfeeding are omitted.

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96 **You're Going To Have A Baby!** Augusta, ME, Maine WIC Program, 1979

Format: 1 sheet, folded

Source: Dept of Human Services, WIC Program, 221 State Street, Augusta, ME 04333

Cost Free. Send self addressed stamped 6" x 9" envelope. Limit 1 copy outside of Maine, with reprint permission.

5th grade reading level/English

Abstract: Benefits of breastfeeding to baby are listed; ways in which breastfeeding meets maternal needs are discussed in slightly more detail.

Descriptors: Breast feeding; Motivation

Appraisal: Attractive format and warm presentation of benefits to mother make this an appealing pamphlet, likely to be successful in motivating women to breastfeed.

AUDIOVISUALS

97 **Breastfeeding.** New Orleans, LA, New Orleans Video Access, 1981.

Format: 4-1/2 minute motion picture or videocassette

Source: New Orleans Video Access, 2010 Magazine Street, New Orleans, LA 70130

Cost: $195.00; 2-5 copies, $175.00 each; 6 or more copies, $160.00 each.

English

Abstract: A sales pitch for breastfeeding introduces the advantages of breastfeeding in an advertisement format. Individual women, representing a wide range of cultural and socioeconomic backgrounds, discuss their opinions and concerns about breastfeeding. The convenience, economic value, immunological effects, and bonding advantages of breastfeeding are emphasized.

Descriptors: Instructional media, Prenatal education; Breast feeding

Appraisal: An excellent motivational tool for all WIC/CSFP pregnant women.

98 **Breastfeeding.** Timonium, MD, Milner-Fenwick, 1980.

Format: 14 minute motion picture or videocassette

Source: Milner-Fenwick, Inc., 2125 Greenspring Drive, Timonium, MD 21093

Cost: $250.00.

English and Spanish

Abstract: Breast milk contains all the nutrients required by babies from birth to 6 months of age. Breast feeding helps the mother's uterus shrink and the baby to maintain resistance to disease. The film explains when a pregnant woman begins to develop her milk supply and how she should prepare her breasts. Problems such as inverted nipples are discussed and proper brassieres are described. When and how to start nursing are explained with a caution that baby may need some practice. Fathers and the baby's siblings should be encouraged to interact with the baby and the mother as much as possible. Other information includes: how to burp the baby; how to use a breast pump; recommended diet for the mother; and a warning on the use of drugs.

Descriptors: Instructional media; Breast feeding; Human milk; Parent education; Prenatal education

Appraisal: General information about breastfeeding is presented in a supportive style. Should be helpful for pregnant women planning to breastfeed.

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99 **Breastfeeding: A Practical Guide, Parts I & II.** Washington, DC, Motion, Inc., 1982.

Format: 2 15-minute motion pictures or videocassettes with Teaching Manual (contact source about possible availability of Super 8mm).

Source: Motion, Inc., 3138 Highland Place, NW, Washington, DC 20008

Cost: $560.50 (Parts I & II); $295 (single part only); $50.00 for 3-day rental (Parts I & II) or $40.00 (single part only); $7.50 for Teaching Manual. Shipping and handling added to all orders.

English (contact source about possible availability of Spanish version)

Abstract: In Part I, physical and emotional aspects of preparation for breastfeeding are discussed by couples and an instructor in a childbirth class. The physiology of milk production and the letdown reflex are illustrated and explained. Also discussed are infant reflexes, frequency of nursing, the function of colostrum, and choosing a nursing bra. Special nutritional needs during breastfeeding and the importance of avoiding alcohol, caffeine, and other drugs are mentioned. Part II features discussions by postpartum couples of nursing schedules, problems encountered in breastfeeding and nursing in public. Manual and pump expression of breast milk is demonstrated. Women express positive feelings about breastfeeding and supportive viewpoint are added by male partners throughout both films. An accompanying teaching manual provides additional information for group presentation, review of film sequences, discussion questions, and sources of supplemental information.

Descriptors: Instructional media; Pregnant women; Breast feeding; Motivation

Appraisal: Excellent information, with helpful visual examples. Emphasis is on "how to" and problem solving. The first film presents an all white middle-class group; the second features a multiracial group.

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100 **Breastfeeding: A Special Closeness.** Washington, DC, Motion, Inc., 1977.

Format: 23 minute motion picture, videocassette, or film loop

Source: Motion, Inc., 3138 Highland Place NW, Washington, DC 20008

Cost: $390.00; $40.00 for 3-day rental. Free preview.

English

Abstract: Featuring parents of different ethnic and economic groups, issues surrounding breastfeeding are explored. Questions and concerns of expectant parents include: what others will think; parents' feelings; and nutritional and emotional needs of the infant.

Descriptor: Instructional media; Breast feeding Psychological aspects; Psychological needs; Emotions; Motivation

Appraisal: Realistic situations are presented in a sensitive, supportive way. Appropriate for motivating pregnant women or encouraging women who are curfently breastfeeding.

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101 **The Breastfeeding Experience.** Crystal River, FL, Parenting Pictures, 1978.

Format: 23 minute motion picture or videotape

Source: Parenting Pictures, 121 NW Crystal Street, Crystal River, FL 32629

Cost: $290.00 plus shipping; 3-day rental $42.00 plus shipping; free preview.

English

Abstract: Nursing families share their feelings and experiences during breastfeeding. Nursing is shown in a variety of circumstances with infants from post-delivery to one year of age. Mothers relate their difficulties and satisfactions with the breastfeeding experience.

Descriptors: Instructional media; Breast feeding; Parent education; Psychological needs

Appraisal: Breastfeeding is approached with sensitivity and realism. Could be used to motivate pregnant women and support already breastfeeding mothers of various socioeconomic backgrounds.

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102 **Breastfeeding: It's The Natural Thing to Do.** Atlanta, GA, Kuona, Ltd., and Georgia WIC Program, 1978.

Format: 8-1/2 minute motion picture

Source: Kuona, Ltd., 1303 Spring Street NW, Atlanta, GA 30309

Cost: $55.00.

English

Abstract: Breast milk is described as the food most suited for baby. Advantages of breastfeeding as outlined include nutritional value of breast milk; natural immunities supplied by breast milk; fewer allergic and digestive problems suffered by baby; and the quick return of the woman's stomach to its normal size. Some reasons for women deciding not to breastfeed are discussed, such as embarrassment, small breasts, returning to work, and father's exclusion from feeding. Problems to expect while breastfeeding are addressed.

Descriptors: Instructional media; Pregnant women; Breast feeding; Motivation; Prenatal education

Appraisal: Supportive of breastfeeding; the film would be an appropriate teaching tool to explain the benefits of breastfeeding to any pregnant WIC/CSFP participant.

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103 **Breastfeeding: The Natural Way.** Columbus, OH, Ross Laboratories, 1979-80.

Format: 14 minute motion picture or slide set with audio cassette

Source: Contact local Ross representative, or Ross Laboratories, 625 Cleveland Avenue, Columbus, OH 43216

Cost: $50.00 (slides); $95.00 (m.p.); free rental.

English and Spanish

Abstract: Physical changes of the breasts during pregnancy are described. Breast preparation for breastfeeding is illustrated and techniques for successful breastfeeding, such as pumping the breast, position of baby, length of time on each breast are mentioned. The nutritive value and appearance of colostrum and human milk are described. Methods of burping the baby and breast care are shown. A good diet (eating an additional 500 calories from the Basic 4 food groups daily, drinking plenty of fluids) is recommended. Use of drugs, caffeine, alcohol or nicotine is discouraged.

Descriptors: Instructional media; Prenatal education; Breast feeding; Pregnant women; Physical development

Appraisal: Excellent, concise presentation for all pregnant women planning to breastfeed.

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104 **Dar Pecho.** San Francisco, CA, Bilingual Media Project, 1979.

Format: 10 minute motion picture or videocassette.

Source: Videograph, 2833 25th Street, San Francisco, CA 94111

Cost: $195.00 (m.p.); $150.00 (videocassette); $25.00 1-day rental.

Spanish

Abstract: The advantages of breastfeeding are presented in Spanish. The focus is on the cultural considerations and modern concerns of a family. Preparation for breastfeeding, maternal nutrition, health and hygiene are addressed, as well as the importance of family support. Breastfeeding encourages good emotional and physical responses for mother and child. The issues of modesty and working while breastfeeding are mentioned.

Descriptors: Instructional media; Breast feeding; Parent education

Appraisal: Appropriate for Spanish-speaking pregnant women who express an interest in breastfeeding. Repeated showings will increase comprehension of this subject matter.

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105 **La Lactancia Materna.** Washington, DC, World Health Organization, 1971.

Format: 61 frame filmstrip with scripts

Source: Office of Publications, Pan American Health Organization, 525 23rd Street NW, Washington, DC 20037

Cost: $3.50.

English and Spanish

Abstract: Expectant mothers are instructed on the advantages of breastfeeding: it strengthens the emotional and physical bond between mother and child; mother's milk is the most nutritious and convenient infant food available; and mother's milk is the least expensive. A nursing mother needs a good diet, including plenty of natural liquids, to ensure proper nourishment for the infant. Instruction is given on 1) proper and comfortable clothing for the mother during nursing; 2) care of the breasts; 3) infant feeding procedures and schedules; and 4) breastfeeding premature infants or after Caesarean births. Lactation is explained. Nursed infants are usually better protected against malnutrition and infectious diseases when the mother maintains a healthy diet.

Descriptors: Instructional media; Prenatal education; Breast feeding; Psychological needs; Lactation; Diet improvement

Appraisal: Some of the information on diet during pregnancy and lactation is questionable; otherwise, useful information for Spanish-speaking WIC/CSFP audiences.

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106 **Learning To Breastfeed.** Boston, MA, Polymorph Films/Childbirth Education Center, 1979.

Format: 32 minute motion picture

Source: Polymorph Films, 118 South Street, Boston, MA 02111

Cost: $395.00; $40.00 for 1 day rental; $80.00 for 1 week rental.

English

Abstract: The advantages and difficulties of breastfeeding are described. Human milk is easily digested and protects infants against infection. Babies show individual differences in their willingness to breastfeed; moreover, some neonates can't coordinate breathing, sucking, and swallowing. The rhythm between a mother and child must be learned gradually, because the physical manipulations of nursing may be awkward during the initial weeks. Hospital personnel and breastfeeding classes can guide mothers when learning to breastfeed. Successful nursing depends on comfort and a consistent schedule.

Descriptors: Breast feeding; Motivation

Appraisal: Realistic and personal view of breastfeeding. Could be helpful to prenatal and breastfeeding WIC/CSFP participants.

INFANT FEEDING

OVERVIEW OF INFANT FEEDING

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107 **Feeding Baby.** Fremont, MI, Gerber Products Company, 1981.

Format: 34 page booklet (3 fold-out charts)

Source: Gerber Products Company, Medical Marketing Service, 445 State Street, Fremont, MI 49412

Cost: Single copy free. Contact source for bulk prices.

8th grade reading level/English

Abstract: A 6-step plan provides guidelines for infant feeding and the introduction of solid foods based on baby's individual growth and development. Topics covered include: breastfeeding, bottle feeding, feeding schedules; positioning; baby's need for water; and weaning. Indications of readiness for solid foods, which may occur between the 3rd and 4th month, are listed. A sequence for the introduction of solid foods is provided. Guidelines for buying, storing, and serving baby foods are given. Advantages of commercially prepared baby foods are listed and processing methods for quality assurance are explained. Colorful charts illustrate: the 6 step feeding plan and how it relates to the Basic 4 food groups, growth curves, and developmental abilities of the first 2 years.

Descriptors: Infant feeding; Food guides; Nutrient sources; Baby foods; Infant development; Food purchasing; Food storage

Appraisal: Illustrations are attractive and multiracial; text is extensive but well spaced. Emphasis is placed on using commercial baby foods; combination foods (including desserts) are recommended. There is little mention of avoiding use of salt, sugar or fat.

108 **Feeding In The First Year.** Wichita, KS, Wichita-Sedgwick WIC Program, 1980.

Format: 6 page booklet

Source: Wichita-Sedgwick County WIC Program, 1719 East First Street, Wichita, KS 67214

Cost: Single copy free with self addressed stamped envelope. Multiple copies not available.

4th grade reading level/English, Spanish, and Vietnamese

Abstract: Chart sections describe the advantages of breastfeeding, preparation of formula, and establishment of a feeding schedule. Guidelines suggest the appropriate type and consistency of new foods and gradual transition to table feeding. The feeding guide recommends addition of cereals, vegetables and fruits at 5-6 months, and juices, meats and breads at 7-9 months. Several concerns are addressed: preparation of baby food; use of cow's milk; weaning; and hints to help avoid choking, overfeeding, overseasoning, allergies, dental caries, and high calorie/low nutrient foods.

Descriptors: Infant feeding; Food habits; Food guides; Food groups

Appraisal: A thorough but simple presentation of infant feeding which emphasizes forming good food habits, avoiding overfeeding, and using nutritious foods. The print is in upper case type throughout, and is faint in places.

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109 **Feeding In The First Year.** Columbus, OH, Ross Laboratories, 1978.

Format: 12 page booklet

Source: Contact local Ross representative or Ross Laboratories, 625 Cleveland Avenue, Columbus, OH 43216

Cost: Free.

8th grade reading level/English

Abstract: The importance of proper feeding in relation to baby's growth and development is briefly explained. Calories and nutrients are defined and their functions simply described. Other topics which are discussed briefly include: breastfeeding, bottle feeding, the importance of iron, selection and introduction of solid foods, and choosing between home prepared and commercial baby foods. Allowing the baby to begin self feeding and avoiding the addition of sugar and salt to baby's foods also are discussed.

Descriptors: Infant feeding; Infant nutrition; Nutrients; Nutrient requirements

Appraisal: This large (8 1/2" x 11"), very attractive, heavy gloss paper booklet shows a black family in multi-colored illustrations. It presents excellent ideas, emphasizing the importance of developing good food habits in the first year, but gives no specific information about amounts of foods or meal plans.

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110 **Feeding Your Baby.** Birmingham, AL, Jefferson County Dept. of Health, 1980.

Format: 9 page booklet

Source: Bureau of Nutrition, Jefferson County Dept. of Health, 140 Sixth Avenue South, Birmingham, AL 25233

Cost: 10¢ each.

7th grade reading level/English

Abstract: An infant feeding overview offers guidelines arranged by infant's age. Feeding methods for both breast- and bottle-feeding are described; the use of supplements is advised only when prescribed by a doctor. Foods and serving sizes are suggested on the following schedule: 1-3 months, breast milk or iron-fortified formula and plain water; 4 months, continue breast milk, add cereal and possibly juice; 5-6 months, breast milk, continue cereal, begin offering liquid in a cup, start vegetables (do not add fats) and/or fruit (do not add sugar); 7-12 months, meat may be added. Tips on snacks and weaning are given. Sample meal plans are presented for each age category.

Descriptors: Infant feeding; Baby foods; Food groups

Appraisal: Many helpful suggestions support an emphasis on meeting individual infants' needs, along with developing good food habits and preventing overfeeding. Storybook drawings and yellow paper make this a cheerful booklet.

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111 **Feeding Your Baby With Love.** Minneapolis, MN, St. Paul Maternal and Infant Care Project, Minnesota Dept. of Health, 1979.

Format: 48 page booklet

Source: Minnesota Documents Center, 117 University Avenue, St. Paul, MN 55155

Cost: $1.00/single copy (plus 50¢ postage and handling); write for quantity prices. Minnesota residents add 5 sales tax.

5th grade reading level/English

Abstract: Twenty-one mini-chapters provide discussions and/or explanations of the following topics: 1) breastfeeding (advantages, physiology, successful initiation and procedure, breast care and food guide); 2) bottle feeding (types of formula, preparation, frequency of feeding, amounts to offer, how to feed and burp); 3) introduction of solids (at intervals from 4-12 months, with feeding schedules and amounts to offer); 4) home preparation of baby foods and use of commercial baby foods; 5) avoiding overweight; 6) iron needs; 7) how to limit salt and cholesterol intake; 8) food guide for children 1-3 years; 9) nutritious snacks; and 10) development of good eating habits.

Descriptors: Infant feeding; Breast feeding; Bottle feeding; Nutrient requirements; Baby foods; Food guides; Overweight; Salt; Cholesterol; Snacks; Food habits

Appraisal: This high-quality mini-book is delightful. The text, while compact, is beautifully presented and well-spaced with illustrations. The information is comprehensive and accurate; a table of contents is included.

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112 **Food Before Six: A Feeding Guide For Parents Of Young Children.** Rosemont, IL, National Dairy Council, 1979.

Format: 7 page booklet

Source: Local dairy council or National Dairy Council, Rosemont, IL 60018

Cost: 20¢ each; discount for bulk orders.

6th grade reading level/English

Abstract: A daily feeding guide for preschool children describes and recommends types of foods and number of servings from the Basic 4 food groups. Appropriate portion sizes of foods and beverages for children 2-3 and 3-6 years, are provided as is a sample meal adaptable to adults or children. Nutritious snacks, brightly colored and delicately flavored foods are recommended. Other concerns briefly discussed include likes/dislikes, appetite variability, use of desserts, introduction of new foods, self feeding and good health habits.

Descriptors: Child nutrition; Food guides; Basic Four; Food habits

Appraisal: Provides helpful ideas for feeding children and encouraging desirable eating behavior, emphasizing individual needs of children. Well-organized with lengthy text and small print.

---

113 **Food For Children 1-5.** by Charlotte Bowens, Marie Dent, Kathi Willett, Jennifer Lawson, Lucy Whelchel. Atlanta, GA, Kuona Ltd., not dated.

Format: 1 sheet, multifolded

Source: Georgia Dept. of Human Resources, Office of Nutrition, Room 354-S, 47 Trinity Avenue SW, Atlanta, GA 30334

Cost: Free to Georgia state programs. Single copy free to agencies outside of Georgia. Permission to reproduce granted if credit given to source.

5th grade reading level/English

Abstract: Brief messages on weaning, mealtime environment, foods to use and foods to avoid, appetite and appropriate serving sizes are illustrated for parents and child care providers.

Descriptors: Children; Food habits; Food guides; Basic Four; Weaning

Appraisal: Amusing illustrations beautifully reinforce each point. These suggestions could be used very nicely to complement a food guide.

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114 **Food For Growing One Step At A Time.** Austin, TX, Texas Dept. of Health, not dated.

Format: 14 page booklet

Source: Texas Dept of Health, 1100 West 49th Street, Austin, TX 78756

Cost: Single copy free. May be reproduced with credit given to source.

3rd grade reading level/English

Abstract: The introduction of solids is based on age and weight guidelines. Breast milk or infant formula is recommended from birth to 4 months. Single cereals and diluted juices are suggested at 4 months or 13-15 pounds, milk-flavored vegetables at 4-1/2 months, unsweetened fruits at 5 months and strained meats at 6 months. A discussion of baby food labeling information encourages the use of single foods instead of mixtures. Two sample meal patterns. (1 for 6-9 months (18-21 pounds) and 1 for older infants) suggest 3 meals and 1 or 2 snacks. Use of finger foods is encouraged after 9 months and examples are given. Safety tips cover baby food storage, sanitation and feeding suggestions.

Descriptors: Infant feeding; Infant development; Food guides; Baby foods

Appraisal: While the multi-ethnic illustrations and the text are warm and supportive in feeling, there are a lot of "do nots" throughout this booklet. The information given is accurate and the format is attractive, but the very small green print against yellow paper is not easy to read.

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115 **Food For Your Baby.** Harrisburg, PA, Pennsylvania Dept. of Health, 1979.

Format: 1 sheet, multifolded

Source: Pensylvania Dept. of Health, P.O. Box 90, Room 932, Health and Welfare Building, Harrisburg, PA 17108

Cost: Single copy free. Send self addressed stamped envelope.

7th grade reading level/English

Abstract: A food guide, in chart form, shows when to add foods from the 4 food groups to baby's diet. Foods which may cause choking, allergy, irritation of the digestive system, or which are not nutritious are listed. Label reading of baby food jars is briefly explained. Feeding tips mention avoidance of overfeeding and night bottle feeding, and discuss the use of home prepared and commercial baby foods.

Descriptors: Infant feeding; Food guides; Food groups; Baby foods

Appraisal: Information is very good, but text is compact and print is small. Recommends starting solid foods at 5 months.

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116 **Food For Your Baby.** Raleigh, NC, Division of Health Services, 1981.

Format 12 page flipchart

Source: Nutrition and Dietary Services Branch, Division of Health Services, P.O. Box 2091, Raleigh, NC 27602

Cost: Single copy may be loaned to other state agencies, as supplies permit.

6th grade reading level/English

Abstract: The brief text with accompanying colorful illustrations promotes breastfeeding or bottle feeding for at least 4-6 months, compares cost and label information of infant formulas, describes sanitary preparation of formula, lists signs of baby's readiness for solid foods (including appropriate types and amounts), and explains home preparation and care of baby foods. Infant care and feeding practices necessary to maintain optimal dental health are outlined. Appropriate content and consistency of baby's diet at 1 year are described. Foods to avoid also are listed.

Descriptors: Instructional materials; Parent education; Infant feeding; Dental health

Appraisal: The illustrations are appropriate for a multiracial clientele. The text is simple, up-to-date and accurate, with helpful suggestions throughout.

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117 **Food for Your Baby...The First Year.** Raleigh, NC, Division of Health Services, 1981.

Format; 14 page booklet

Source: Nutrition and Dietary Service Branch, Division of Health Services, P.O. Box 2091, Raleigh, NC 27602

Cost: Single copy free. Multiple copies not available outside of North Carolina. Permission to reproduce may be granted upon request.

8th grade reading level/English

Abstract: Developmental readiness for solid foods is described. Feeding tips for the introduction of solid foods are listed. Solid food groups are presented separately with type of food to purchase, amounts to feed and special tips for preparation, feeding and sanitation. A sample meal plan for infants between 7 and 11 months closely resembles the family's eating pattern. Weaning procedures and foods to avoid are discussed. A daily food guide with suggested number of servings and types of foods based on the Basic 4 is recommended for children over 12 months. Guidelines for helping baby to explore new foods and initiate self feeding are given. Growth charts are provided to record weight and length, and date of immunizations.

Descriptors: Infants (To 2 years); Infant feeding; Infant development; Food guides; Baby foods; Immunizations

Appraisal: This attractive booklet provides many ideas for developing good food habits. The text is chatty and there is a lot of it, but it is well spaced. The extra charts make it very useful.

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118 **Food For Your Baby's First Year.** Atlanta, Georgia, Dept. of Human Resources, 1981.

Format: 8 page booklet

Source: Georgia Dept. of Human Resources, Office of Nutrition, Room 354-S, 47 Trinity Avenue SW, Atlanta, GA 30334

Cost: Single copy free to state agencies. Permission to reprint may be granted.

8th grade reading level/English

Abstract: An overview on infant feeding recommends foods, serving sizes and feeding methods for cereal, vegetables, fruits and fruit juices, and meats. Only breast milk and iron-fortified formula are suggested for baby between birth and 5-6 months. At 5-6 months solid foods are introduced starting with baby cereal. Tips on weaning and use of table foods are included. A question/answer format is used to provide answers to frequently asked questions such as "Why does my baby spit up?" The information is briefly summarized in an illustrated chart arranged by infant's age.

Descriptors: Infant feeding; Weaning; Infant nutrition; Semisolid infant foods

Appraisal: This is a high-quality booklet. The excellent format includes appealing, biracial photographs of mothers and babies and attractive line drawings of foods; although there is a lot of text, the print is large and well-spaced. The information is accurate, helpful and well-written.

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119 **Foods To Grow On: Birth To 3 Months, At 4 Months, At 5 Months, At 6 Months, 7-12 Months.** Jefferson City, MO, Missouri Division of Health, 1978.

Format: set of 5, each [illegible] sheet folded

Source: Missouri Division of Health, Films & Literature Unit, P.O. Box 570, Jefferson City, MO 65102

Cost: Free. Do not send envelope or stamps. Limit 100 copies within Missouri, 10 copies for all other states.

5th grade reading/English

Abstract: Single page flyers provide specific feeding guidelines for age intervals up to 1 year. Appropriate types and amounts of foods to be given and avoided, feeding techniques, cooking, and serving suggestions are discussed for each age group. Brief developmental or other health information is included. The birth-to-3 months flyer reviews methods and feeding schedules for breast and bottle feeding. The 4 month flyer discusses the introduction of simple cereals and discourages the use of other foods. Vegetables and fruits are begun at 5-6 months. Addition of meat and egg yolks are suggested at 3 months; varying the diet and initiating self feeding are recommended in the 7-12 month flyer.

Descriptors: Infant feeding; Infant development; Baby foods

Appraisal: The drawings are appealing and appropriate for a biracial clientele. There is a lot of text with excellent information and helpful ideas on each flyer.

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120 **Good Food Habits: A Gift For A Lifetime.** Jackson, MS, Mississippi State Board of Health, 1979.

Format: 1 sheet, multifolded

Source: State Board of Health, WIC Program, 2906 North State Street, Suite 600, Jackson, MS 39216

Cost: Free; send self addressed, stamped, legal sized envelope. Camera-ready copy available.

6th grade reading level/English

Abstract: Parents of young children are offered multiple suggestions to build good food habits. Food groups are divided into "Grow" foods (milk and meat), "Go" foods (breads and cereals), and "Glow" foods (fruits and vegetables). Nutrients provided by each group, their functions, and serving sizes are given. Food facts for each group correct misinformation and suggest foods to be avoided. Food preparation ideas, guidelines for good dental health, and developmental feeding milestones are listed. Foods which add variety of color, texture, shape and flavor to a child's diet are given.

Descriptors: Infant feeding; Food habits; Food groups; Meal planning; Food preparation, home; Dental health; Child development

Appraisal: A wealth of accurate and helpful information is presented in an attractive, well-organized format. Illustrations and a variety of print styles improve the readability of the small print and occasionally lengthy text.

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121 **Idaho's Food for Tots, 0 To 3 Years.** Boise, ID, Bureau of Child Health, 1976.

Format: set of 13, each 2 pages

Source: WIC Program, Bureau of Child Health, Division of Health and Welfare, Statehouse, Boise, ID 83720

Cost: Free within Idaho. Single copy free outside of Idaho; 30¢ to 50¢ for more copies. Send self addressed stamped legal size envelope. Camera-ready copy available.

5th grade reading level/English

Abstract: A collection of colored sheets (arranged by infant's age) give an overview of infant feeding from 0 to 12 months, and from 1 to 3 years; the series offers advice to mothers on foods she needs when breastfeeding. Age sheets cover when to introduce specific foods, serving sizes, and important tips (such as foods to avoid, encouraging self-feeding, and the importance of mealtime atmosphere). Other topics include: breast preparation and techniques for breastfeeding; choosing, preparing, and storing formula for bottle feeding; and making baby food. A daily food guide lists foods for pregnant, nonpregnant, and breastfeeding women; a chart shows serving sizes for foods in the Basic 4 food groups.

Descriptors: Infant feeding; Breast feeding; Infant formula; Food preparation, home; Basic Four

Appraisal: Complete and accurate information is given in an attractive format with multiracial illustrations. Solid foods are recommended at 3-4 months and pasteurized milk at 6-8 months. The directions for preparing baby food are good and cover a wide variety of foods.

---

122 **Infant Feeding Guide.** Boston, Massachusetts WIC Program, 1980.

Format: 1 sheet, two-sided

Source: Massachusetts WIC Program, 39 Boylston Street, 6th Floor, Boston, MA 02116

Cost: Free to Massachusetts WIC programs. All others, 5¢ per copy. Do not send envelopes or stamps. Camera-ready copy available.

6th grade reading level/English

Abstract: A chart graphically illustrates when to introduce specific foods into baby's diet. The matrix matches 5 food groups with infant's age (e.g., 4-6 months: breast milk or iron-fortified formula, boxed rice, oatmeal or barley, infant juice; 8-10 months: orange and tomato juice, cooked mashed family vegetables). Feeding methods are mentioned as are reminders that foods high in sugar should be avoided. Lists of recommended foods and foods to avoid are given. New foods should be added one at a time so that negative reactions may be identified.

Descriptors: Infant feeding; Food guides; Food groups; Baby foods

Appraisal: Much information is presented on this 8 1/2" x 14" page. The feeding chart is conveniently placed on 1 side, to be hung up in the kitchen. Suggestions on the other side, boxed for easy reading, are important and emphasize individual needs.

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123 **Infant Feeding Guide: Suitable Snacks For Children.** New Orleans, Louisiana Dept. of Health and Human Resources, 1979.

Format: Set of tear-sheets

Source: Office of Health Services and Environmental Quality, Louisiana Dept. of Health and Human Resources, New Orleans, LA 70160

Cost: Single copy free. 5¢ per copy for multiple copies. Permission to reproduce granted if credit given to source.

5th grade reading level/English

Abstract: A set of single tear-off sheets gives infant feeding guidelines by infant's age. Each sheet concisely recommends appropriate foods and feeding methods: breast milk or iron-enriched formula and water for baby from birth to 3 months; introduction of cereal, fruit juice and vegetables at 3-5 months; fruits and strained pure meat at 5-7 months; dry and semi-soft finger foods at 8-10 months; and chopped table foods at 11-12 months. Brief tips include adding no salt to baby's diet; seeking a doctor's advice before changing formula or using vitamin supplements; and suggestions for weaning and making the transition to family foods.

Descriptors: Infant feeding; Semisolid infant foods; Food guides; Weaning

Appraisal: Handy tear-off sheets give clear, concise and complete information along with repeated recommendations to seek professional advice and emphasis on individual needs. Illustrations are biracial.

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124 **Infant Feeding Guide: Birth To 4 Months Of Age, From 4 To 6 Months Of Age, From 6 Months To 12 Months Of Age.** Chesterfield, VA, Chesterfield Health Dept., 1979.

Format: Set of 3, each 1 sheet, folded

Source: Chesterfield Health Dept., Chesterfield, VA 23832

Cost: Single copy free; may be reprinted with credit given to the source.

5th grade reading level/English

Abstract: A series of infant feeding guides gives food schedules with amounts of formula, breast milk, or solids to feed infants from 0 to 12 months of age. From birth to 4 months of age, breast milk and iron-fortified formula are recommended. A chart shows amounts to give at each feeding. Introduction of iron-fortified cereal and diluted juice is recommended at 4 months, strained vegetables and fruit at 5 months. A chart arranged from 6-12 months of age shows when to introduce additional foods, serving sizes, and special instructions, including foods to avoid. Feeding method recommendations include encouraging baby to drink from a cup at 9 months, and not using bottles after 12 months. A sample feeding schedule for each age group is listed.

Descriptors: Infant feeding; Food guides; Food groups; Semisolid infant foods

Appraisal: Simple presentation of accurate information with space for additional comments. Technique of introducing solid food is not given, and many do nots are included.

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125 **Infant Feeding Guides: Breast And Bottle Feeding, Beginning Solid Foods, Feeding Your Baby Fruits, Feeding Your Baby Eggs, One Year Old.** Gainesville, FL, North Central Florida Maternal and Infant Care Project, 1981.

Format: set of 4, each 1 sheet, folded

Source: North Central Florida Maternal and Infant Care Project, P.O. Box 776, 730 N.E. Waldo Road, Gainesville, FL 32602

Cost: Single copy free. Send self addressed stamped envelope. Multiple copies available at approximate production cost; request estimate.

5th grade reading level/English

Abstract: Infant feeding from birth through the first 12 months is described. The "Breast and Bottle Feeding" leaflet contains suggestions for successful breastfeeding and formula needs (total and per feeding) based on baby's weight. Delaying the introduction of solid foods, holding during feeding, and proper mixing of formula are encouraged. Leaflets for 4-7 months, 8-9 months and 10-11 months provide meal plans with recommended types and amounts of foods. Brief food preparation and feeding information is provided. A chart shows when foods should be added to baby's diet. The 1 year pamphlet lists the number of daily servings recommended and finger food ideas from each of the Basic 4 food groups. A meal plan consisting of 3 meals and 2 snacks is given. Foods likely to cause choking and tooth decay are identified.

Descriptors: Infant feeding; Breast feeding; Bottle feeding; Food guides; Food groups; Meal planning

Appraisal: This individually colored series, on heavy paper, provides concise and accurate information in a warm and supportive manner. The text is compact, although well spaced. Some of the background colors diminish ease of reading. Minimally illustrated.

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126 **Infant Feeding Series, Facts You Need To Know About Your Child's Nutrition: New Baby, Breastfeeding, Bottle Feeding, 1-3 Months, 4-5 Months, 5-6 Months, 6-7 Months, 7-8 Months, 8-9 Months, 10-12 Months, 1 Year, The Overweight Baby, Weaning Skills Through Spills.** Lincoln, NE, Nebraska Dept. of Health, 1981.

Format: set of 13, each 1 sheet folded

Source: Nebraska Dept. of Health, Nutrition Division, 301 Centennial Mall South, P.O. Box 95007, Lincoln, NE 68509

Cost: Single copy free.

5th grade reading level/English

Abstract: A series of pastel colored sheets describes food selection, serving sizes, and feeding methods arranged by age. Additional subjects more generally treated include breastfeeding, bottle feeding, the new baby, the overweight baby, and weaning. The "New Baby" sheet recommends nursing schedules and the avoidance of cow's milk, and the use of boiled well water. "Breastfeeding" includes techniques for breast preparation, basic hygiene, and diet for the breastfeeding woman. Most sheets urge the use of supplements only when prescribed by a doctor. Material in the age categories includes foods to offer with appropriate storage methods and sample menus. Feeding schedules are included as are tips on causes of tooth decay, when to offer table foods, when and how to start self-feeding, and how to cope with food jags.

Descriptors: Infant feeding; Breast feeding; Bottle feeding; Baby foods; Food guides; Food preferences; Weaning; Menu planning; Overweight; Infant development

Appraisal: This comprehensive series covers everything except preparing baby food at home (a resource is listed at 5-6 months). The information is complete and helpful ideas are given. The text is well-written, but it is compact and the print is small. These sheets are handy for monthly visits.

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127 **Infant Feeding Series: Feeding Your Newborn; Feeding Your Baby (From 4 To 6 Months); Feeding Your Baby (From 7 Months To 1 Year).** New Haven, CT, Hill Health Center, 1981.

Format: set of 3, each 1 sheet, multifolded

Source: Advocate Press, 441 Chapel Street, New Haven, CT 06511

Cost: Contact source for quantities and cost.

6th grade reading level/English and Spanish

Abstract: "Feeding Your Newborn" briefly describes the advantages of breastfeeding, types of formula available, the importance of their vitamin C and iron content, frequency of feeding and amounts of formula to offer. Overfeeding and introduction of solid foods before 3 months of age are discouraged, although diluted juices are suggested at 3 months. Feeding positions and burping methods are described. The infant's need for water and its function are explained. "Feeding Your Baby (from 4-6 months)" reinforces the importance of breast milk or formula but suggests that cereals and juices may be added at 3-4 months, fruits at 4-5 months, and vegetables, meats and egg yolks at 5-6 months. Transition from formula to whole milk or diluted evaporated milk is offered as an option after 6 months. Types of foods to add to the diet and amounts to offer are suggested. "Feeding Your Baby (from 7-12 months)" suggests a daily intake of 3-4 cups of milk, vitamin C-rich juices, soft or chopped table foods, simple desserts and breadstuffs. The importance of self feeding and the use of finger foods are explained. The procedure for weaning to a cup is described and guidelines to help the baby avoid overeating and becoming overweight are discussed.

Descriptors: Infant feeding; Infant formula; Nutrient requirements; Semisolid infant foods; Overweight

Appraisal: This large (5 3/4" x 11") pamphlet has attractive, multiracial illustrations, with lengthy text, although the print is large. Juices are recommended at 3 months. Recommendations are not given for how much food to feed, but the emphasis is on avoiding overfeeding.

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128 **Keiki Talk.** Honolulu, Hawaii State Dept. of Health, 1977.

Format: 20 page booklet

Source: Nutrition Branch, WIC Program, Hawaii State Dept. of Health, P.O. Box 3378, Honolulu, HI 96801

Cost: Free within Hawaii. Limited number of copies available to state programs outside of Hawaii.

7th grade reading level/English

Abstract: Pastel information sheets cover breastfeeding (techniques and nutritional needs of the mother)and feeding baby water, formulas, and solid foods. Specific food group discussions (cereals, vegetables, fruits and juices, and meats and meat substitutes) include baby's age at introduction, nutrient content, feeding methods, and serving sizes. Native Hawaiian foods, e.g., poi, guava, and tofu are mentioned. Recommendations for developing meal patterns, storing baby food, transition to family food, avoiding sweets in baby's diet and healthy ways to prevent baby from becoming overweight are explored.

Descriptors: Breast feeding; Infant feeding; Nutrient sources; Baby foods; Food groups

Appraisal: The graduated page format makes it easy to find information in this comprehensive booklet pertinent to Hawaiian culture. Information is extensive and accurate, with helpful suggestions for developing good eating habits given throughout.

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129 **Nutrition For A Happy, Healthy Baby: Formulas; First 4 Months; 4 To 6 Months; 7 To 8 Months; 9 To 12 Months.** Houston, TX, City of Houston Health Dept., 1980.

Format: 5 pamphlets, each 1 sheet, folded

Source: WIC Project #26, Houston Health Dept., 3315 Delano, Houston, TX 77004

Cost: Single copy free. Multiple copies not available.

7th grade reading level/English and Spanish

Abstract: Each pamphlet of the series has brief descriptions of developmental abilities and discusses the child's readiness for various foods at a specified age level. Each brochure uses the Basic 4 food groups as the basis for explanations of types and desirable consistencies of appropriate foods. The suggested feeding pattern and food recommendations are applicable to a Southwestern audience.

Descriptors: Infant nutrition; Infant formula; Breast feeding; Bottle feeding; Basic Four; Meal patterns; Semisolid infant foods; Infant foods; Infant feeding

Appraisal: Thoroughly explains the why, what and how of adding solid foods, month by month, including preparation and storage. Approach tends to be rigid with prominent "do nots." Although print is small, text is in easy-to-follow format.

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130 **Nutrition For The Childhood Years.** Montgomery, AL, Alabama Dept. of Public Health, 1980.

Format: 1 sheet, multifolded

Source: Dept. of Public Health, Bureau of Nutrition, Montgomery, AL 36130

Cost: Free within Alabama; single copy only outside of Alabama. Camera-ready copy available.

7th grade reading level/English

Abstract: The food guide lists recommended number of servings and portion sizes of selected foods from each of the Basic 4 food groups, and a daily meal plan for children aged 15 months to 8 years. A slow growth rate, improper between-meal feedings and excessive milk intake may result in poor appetite. Several ideas for promoting good food habits are included.

Descriptors: Child nutrition; Basic Four; Food habits; Meal planning

Appraisal: Important points are made in a positive manner. Print is small, but text is widely spaced in a well-organized format.

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131 **Only The Best For Your Baby.** Denver, Colorado Dept. of Health, 1979.

Format: 1 sheet, folded

Source: Nutrition Services/WIC, Colorado State Health Dept., 4210 11th Avenue, Denver, CO 80220

Cost: Single copy free with permission to reprint. Send self addressed stamped legal size envelope.

3rd grade reading level/English and Spanish

Abstract: A feeding schedule for the introduction of solid foods from birth to 12 months suggests the selection and consistency of foods to be offered. The use of solids, feeding techniques, and serving amounts for various ages are discussed. Guidelines are offered for preparing baby food at home and selecting commercial baby food at the store.

Descriptors: Infant feeding; Food guides; Food preparation, home; Baby foods

Abstract: The rationale for infant feeding is presented clearly with each recommendation. The calendar for introducing new foods is thorough, and the format is very attractive.

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132 **Steps To Infant Feeding.** Oklahoma City, OK, Oklahoma Dept. of Health, not dated.

Format: 12 page booklet

Source: Oklahoma State Dept. of Health, 1000 Northeast 10th, P.O. Box 53551, Oklahoma City, OK 73152

Cost: Single copy free. Send self addressed stamped 8" x 11" envelope.

6th grade reading level/English

Abstract: The cover lists a step-by-step sequence of infant feeding beginning with infant cereals and juices at 4-5 months, through transition to 3 meals and table foods at 1 year. Types of foods to use, their preparation, and foods to avoid are described. Procedures for beginning solid food feeding are discussed. Several "don'ts" discourage the use of sugar, salt, high fat foods, infant feeders, overfeeding, and pre-chewing baby's food. Simple recipes for cream soup, cottage cheese, souffle, and vanilla custard sauce are offered. A sample menu plan in chart form (for an infant) shows the progression from 6 milk feedings a day to a 3 meal plan plus juice and late evening formula with suggestion that the pattern be individualized to baby's needs.

Descriptors: Infant feeding; Semisolid infant foods; Meal planning; Recipes

Appraisal: An attractive booklet with a sturdy cover. The gray print on yellow paper is not easy to read; the print on the cover chart and sample meal plan is very small. The recipes are imaginative and there is a lot of good information, although there are a lot of "do nots" throughout.

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133 **What Shall I Feed My Baby? A Month-By-Month Guide,** #1281. Alexandria, VA, USDA/Food and Nutrition Service, 1981.

Format: 50 page booklet

Source: USDA/FNS, Office of Public Information, Park Office Center, Alexandria, VA. 22302

Cost: Free.

6th grade reading level/English

Abstract: Methods, techniques and recommendations for infant feeding in the first 12 months are offered. Breastfeeding information covers advantages, maternal nutritional needs, feeding techniques and tips on making breastfeeding easier. Bottlefeeding guidelines and directions for formula preparation (single or multiple bottles) are included. Charts allow plotting of baby's growth and comparison to standard growth curves. A month by month feeding guide describes amounts, frequency and types of foods to add. Twelve blank calendars with developmental information are provided for notation of baby's progress. Introduction of solid foods, transition to table foods and development of good food habits are described.

Descriptors: Infant feeding; Breast feeding; Bottle feeding; Growth charts

Appraisal: This is a beautiful booklet with many excellent appealing multiracial photographs. A lot of information is warmly presented in a well-spaced format. The monthly calendars and pages for notes make this a book to keep.

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134 **Your Baby's First Foods.** Oregon City, OR, Clackamas County Public Health Division, 1981.

Format: 10 page booklet

Source: Clackamas County Public Health Division, 1425 South Kaen Road, Oregon City, OR 97045

Cost: 25¢ each (available in lots of 10); plus $1.00 for postage and handling.

5th grade reading level/English

Abstract: A feeding guide for the first year discusses baby's readiness for solid foods at 4-6 months and possible problems caused by an early introduction of solids. Charts list amounts of formula to offer and frequency of breastfeeding from birth to 12 months and types and amounts of solid foods to introduce from 4-12 months. Ways to aid baby in weaning and in developing self feeding skills are briefly described. Directions for home preparation of baby foods are given. Use of baby food ingredient labeling information and other guidelines are offered to help the parent obtain the most economical and nutritious foods for baby.

Descriptors: Infant feeding; Baby foods; Weaning; Food guides

Appraisal: The flipchart format makes it easy to use this thorough and helpful booklet. The text is compact, but the print is large.

AUDIOVISUALS

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135 **Development Of Infant Feeding Skills and Feeding Skills: Your Baby's Early Years.** Los Angeles, CA, Churchill Films and Children's Hospital, 1981.

Format: 2 (separate) motion pictures or videocassettes, 24 minutes each

Source: Churchill Films, 662 North Robertson Boulevard, Los Angeles, CA 90069

Cost: $410.00 each.

English

Abstract: Two films present the same information at different educational levels. The feeding patterns of a variety of babies and young children ages 2 weeks to 2 years are studied. Normal physical and neurological changes that allow the transition to spoon and cup feeding, and then to self feeding are explained. Information on helping the child acquire feeding skills, on food preparation, on nutrition and recognition of normal development is presented.

Descriptors: Instructional media; Parent education; Infant feeding; Infant development; Weaning; Food preparation, home

Appraisal: Excellent information explains feeding practices. "Development of Infant Feeding Skills" presents information at a technical level. "Feeding Skills: Your Baby's Early Years" is aimed at the WIC audience.

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136 **Eating Comes Naturally; A Caregiver's Guide To Infant Feeding.** Birmingham, AL, Desemo Project, Center for Developmental & Learning Disorders, University of Alabama in Birmingham, 1979

Format: 27 minute videocassette in 3 parts

Source: Joan Bergman, P.O. Box 313, University Station, Birmingham, AL 35294

Cost: $225.00; 2-week rental: $30.00.

English

Abstract: The eating patterns of infants and the developmental changes of the growing baby are illustrated to assist caregivers during feeding, and to prevent common feeding problems. The eating reflexes of newborns which guide the baby's feeding during the first 2 years of life are described. Placing the baby in the correct position for feeding is demonstrated. Developmental stages in the baby's control of muscle actions as feeding becomes voluntary are shown; these include tongue thrusting, biting, spoon feeding and drinking from a cup. The caregiver's role in helping the baby coordinate food intake with breathing is discussed throughout. Cheerful and caring interactions between the caregiver and children as they practice self-feeding are essential for raising happy children who enjoy eating.

Descriptors: Instructional media; Parent education; Extension education; Infant feeding; Infant development; Infants (To 2 years); Child care; Eating rates; Developmental stages

Appraisal: Excellent for introducing the psychological and developmental aspects of infant feeding. Does not discuss nutrition; but does support the infant feeding practices recommended by WIC.

137 **Feeding Your Baby.** Timonium, MD, Milner-Fenwick, 1977.

Format: 11 minute motion picture

Source: Milner-Fenwick, Inc., 2125 Greenspring Drive, Timonium, MD 21093

Cost: $250.00.

English, Spanish, and French

Abstract: The advantages of breastfeeding and bottle feeding are compared. Bottle feeding, using glass or disposable bottles, requires simple preparation, allows a father to become involved in feeding, and shows the measurement of infant's exact intake of food. Breastfeeding provides nutritious, economical, and readily available food for the infant. Milk production, feeding techniques, and proper maternal diet and exercise during breastfeeding are explained. Maternal preparation for breastfeeding, starting at the 6th month of pregnancy, is shown. It is suggested that mothers should choose the method of feeding with which they are most comfortable.

Descriptors: Instructional media; Prenatal education; Breast feeding; Bottle feeding

Appraisal: The discussion of breastfeeding vs. bottle feeding is objective and could help a pregnant woman decide what method of feeding would meet her needs. Ethnic and socioeconomic representation is oriented to the white middle class.

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138 **First Foods...Nutrition In The First Year Of Life.** Berkeley, CA, Society for Nutrition Education, 1978.

Format: 14 minute motion picture, filmloop, or videorecording; includes 1 leader's guide and 20 parents guides.

Source: Society for Nutrition Education, Film Dept., 1736 Franklin, 9th floor, Oakland, CA 94612

Cost: $330.00 (mp); $302.50 (VTR); $341.00 (filmloop); plus tax for California.

English and Spanish

Abstract: For parents and those who counsel parents, practical information is given on feeding babies and the introduction of supplementary foods. Experts explain: why baby does not need supplementary foods until 3 months of age; how to prepare home foods for the baby; and use of commerical baby foods. Mothers share how to make the introduction of solid foods easier, and babies are shown in home feeding situations.

Descriptors: Instructional media; Parent education; Infant feeding; Food preparation, home; Baby foods

Appraisal: Wide range of socioeconomic levels and ethnic cultures are represented. Information is appropriate for any caretaker of infants up to 1 year.

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139 **A Good Start: Choices for Infant Feeding.** Charlotte, NC, Walter J. Klein Co. Ltd., 1979

Format: 15 minute motion picture or videorecording

Source: Walter J. Klein Company, Ltd., 6301 Carmel Road, Box 220776, Charlotte, NC 28222

Cost: $290.00. Free 24-hour rental.

English

Abstract: Eating is an important aspect of a newborn's life; choosing the most comfortable methods of feeding contributes to a good start for baby and parents. Breastfeeding is economical and convenient, provides immunity to the baby and helps the mother's uterus contract. The beginning yellow fluid is colostrum, which will change to thin, bluish milk. It may take a few weeks to establish the milk supply. Support for the mother is very important during the first few weeks. Formulas are available in powdered, condensed, or ready to use varieties; sterilization of all equipment is necessary, either before or after filling the bottles.

Descriptors: Instructional media; Breast feeding; Infant feeding; Food safety

Appraisal: Useful introduction to infant feeding methods; suitable for a variety of audiences.

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140 **Helping Your Baby Grow From Six Months To One Year.** by Lois Bakawa Evenson, Nancy Gadzuk, and Jane Voichick. Madison, WI, University of Wisconsin, 1975.

Format: 27 slides with script

Source: University of Wisconsin, Bureau of AV Instruction, P.O. Box 2093, Madison, WI 53701

Cost: $18.00.

English

Abstract: Script for each slide provides information on how to help a baby grow healthy through warm, loving care and good, nutritious food. General characteristics of babies from 6 months to 1 year are considered, and guidelines are given on appropriate foods and their introduction.

Descriptors: Instructional media; Infant diets; Health; Infant development; Physical development

Appraisal: Could be used to discuss infant development as it relates to nutrition and child feeding practices. Would have to be adapted to meet local needs.

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141 **Infant Feeding.** Atlanta, GA, Kuona, Ltd., and Georgia WIC Program, 1978.

Format: 71 slides

Source: Kuona, Ltd., 1303 Spring Street NW, Atlanta, GA 30309

Cost: $55.00.

English

Abstract: A soap opera format is used to show how a mother can overcome pressure to feed her infant according to old habits and myths. By visiting a health clinic, a mother and a grandmother learn infant feeding practices such as feeding solid foods after 3 months, and never feeding solids in a bottle. The myth that a fat baby is a healthy baby is scientifically refuted. Measures to prevent obesity are outlined. The question of infants sleeping through the night is addressed.

Descriptors: Instructional media; Parental education; Infant feeding; Semisolid infant foods

Appraisal: Especially good for caretakers of bottle fed children. Would be appropriate for all WIC/CFSP participants, however. Script would need to be adapted to meet local program needs (it specifically mentions Georgia).

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142 **Infant Nutrition.** Evansville, IN, Mead-Johnson & Company, 1980.

Format: 20 minute motion picture

Source: Contact your local representative, or Mead-Johnson & Company, 2404 Pennsylvania Avenue, Evansville, IN 47721

Cost: Rental only.

English and Spanish

Abstract: The importance of good nutrition during baby's first year is discussed. Breastfeeding is the ideal feeding method, because it gives baby sound nutrition, immunities, and intimate contact. Infant formula, not cow's milk, is the preferred substitute for breast milk. Infant formula provides nutrients that are comparable to breast milk, whereas cow's milk has higher levels of protein and salt, which might be too much for a newborn's digestive system to absorb. Solid foods should be introduced sometime after the 4th month and should be considered supplementary to breast milk and formula. Seeking doctor's approval for infant feeding practices is recommended.

Descriptors: Instructional media; Parent education; Breast feeding; Infant feeding; Infant formula

Appraisal: Very good information in a sophisticated presentation; WIC participants may have some difficulty relating to the upper middle class characters.

FORMULA PREPARATION AND BOTTLE FEEDING

143 **Bottle Feeding A Small Baby.** Gainesville, FL, North Central Florida-MIC, WIC, not dated.

Format: 1 sheet, folded

Source: North Central Florida-MIC, WIC, 730, NE Waldo Road, Gainesville, FL 32601

Cost: Contact source for pricing.

4th grade reading level/English

Abstract: Special needs of pre-term infants are addressed. Holding, burping, and feeding suggestions, and a schedule for increasing the amount of formula given gradually according to body weight and growth are offered. A section with blank spaces allows the client to list the amount, type and frequency of formula feeding, and any vitamin prescription.

Descriptors: Infants (To 2 years); Premature infants; Infant feeding; Bottle feeding; Infant formula;

Appraisal: Helpful information presented in a very attractive format. The print is double-spaced and the fill-in blanks for individual instructions make this very useful.

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144 **Enfamil With Iron.** Evansville, IN, Mead Johnson & Company, 1980.

Format: 18 page flipchart

Source: Mead Johnson & Company, Nutritional Division, 2404 Pennsylvania Avenue, Evansville, IN 47721

Cost: Contact source.

Minimal text/English

Abstract: Instructions are provided for preparation and feeding of Enfamil concentrated liquid formula. Drawings and 3-color photographs help identify the product and show where directions for mixing can be found on the label. Ten step instructions with simple drawings describe preparation and storage of formula. Other information provided includes: correct feeding and burping positions; warning against feeding solids from a bottle and use of cow's milk before the baby's first birthday. Excesses and deficiencies of nutrients in cow's milk in comparison to formula are listed. Information (printed on page opposite from client) provides additional teaching information for the nutrition educator.

Descriptors: Bottle feeding; Infant formula; Instructional aids

Appraisal: Black and white pictures, and discussion questions and answers are comprehensive; covers nutritional and psychological aspects.

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145 **Formula Preparation Lesson Plans.** Evansville, IN, Mead Johnson & Company, 1980.

Format: Series of 1 sheet lessons

Source: Mead Johnson & Company, Nutritional Division, 2404 Pennsylvania Avenue, Evansville, IN 47721

Cost: Contact source.

7th grade reading level/English and Spanish

Abstract: Simple text and black and white drawings give concise instructions on formula preparation: general sanitation information; the aseptic and terminal heat methods (when refrigeration is available); and the single bottle method (when no refrigeration is available). Information is printed in English on 1 side of the page and in Spanish on the other side.

Descriptors: Infant formula; Instructional aids

Appraisal: These clear concise instructions for preparing formula demonstrate a variety of methods.

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146 **How To Fix Your Baby's Formula.** Columbus, OH, Ross Laboratories, 1975.

Format: 6 page pamphlet

Source: Ross Laboratories,
625 Cleveland Avenue
Columbus, OH 43216

Cost: Free.

3rd grade reading level/English

Abstract: This illustrated booklet provides simple, brief instructions on formula preparation and its presentation to the baby. The necessity for cleanliness in all types of formula preparation is stressed; specific instructions are given for the terminal heating method, aseptic method and single bottle method. The latter instructions appear on separate pages which are perforated, allowing easy removal. Space is provided for the doctor or nurse to write in special instructions.

Descriptors: Bottle feeding; Infant formula; Infant feeding; Food preparation, home

Appraisal: The size, the attractive format, the spaces for individual instructions, and the clear directions for all 3 methods of formula preparation make this a handy booklet. The only formula mentioned is Similac with Iron.

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147 **How To Make One Day's Formula For Your Baby: Terminal Heating.** Columbus, OH, Ross Laboratories, 1978.

Format: 1 sheet, two-sided

Source: Ross Laboratories,
625 Cleveland Avenue
Columbus, OH 43216

Cost: Free.

2nd grade reading level/Bilingual (English and Spanish)

Abstract: Equipment needed for preparation of 1 day's formula by the terminal heating method is described along with step-by-step instructions and photographs. One side is printed in English, the other in Spanish.

Descriptors: Infant formula; Bottle feeding; Food preparation, home

Appraisal: The format is attractive and easy to follow, the photographs are clear and support the text, but the print is very small.

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148 **How To Prepare An 8-oz. Feeding Of Similac With Iron Concentrated Liquid.** Columbus, OH, Ross Laboratories, 1980.

Format: 1 sheet, multifolded

Source: Contact local Ross representative or Ross Laboratories, 625 Cleveland Avenue, Columbus, OH 43216
Cost: Single copy free.

Minimal text/English

Abstract: Twenty-one numbered drawings without text show formula preparation procedure. Equipment preparation, formula dilution, bottle filling and storage are included in illustrations.

Descriptors: Infant formula; Instructional aids

Appraisal: This resource is unique in that it teaches formula preparation without any text; sponsor's product is repeatedly pictured.

149 **How To Prepare Formula Using Powder, and How To Prepare Formula From Concentrated Liquid.** Evansville, IN, Mead Johnson & Company, 1981, 1979.

Format: 1 sheet

Source: Mead Johnson & Company, Nutritional Division, 2404 Pennsylvania Avenue, Evansville, IN 47721

Cost: Single copy free.

Minimal text/Bilingual (English and Spanish)

Abstract: Colorful formula preparation guidelines provide step-by-step pictures and simple directions in English and Spanish.

Descriptors: Infant formula; Instructional aids

Appraisal: Generous use of pictures and brief text make this a useful resource for teaching those with limited reading ability or knowledge of English; sponsor's product is pictured.

150 **If You Choose To Bottle Feed.** Trenton, NJ, New Jersey State Dept. of Health, 1980.

Format: 1 sheet, folded

Source: New Jersey WIC Program, New Jersey Dept. of Health, Community Health Service, CN 364, Trenton, NJ 08625

Cost: Distributed upon request.

5th grade reading level/English and Spanish

Abstract: A brief discussion of the best food for baby in the first year suggests that infant formula is an acceptable alternative to breastfeeding and is preferable to cow's milk. Bonding is explained. Health tips discourage giving sweetened drinks or solid foods in a bottle, or propping the bottle in baby's mouth, and stress the importance of cleansing baby's mouth regularly, and weaning by the first birthday.

Descriptors: Infant feeding; Bottle feeding; Dental health

Appraisal: The message is that breast is best, but bottle feeding can satisfactorily simulate breastfeeding. Five out of 6 tips are negative suggestions.

151 **Iron-Fortified Formula For Your Baby.** Boston, Massachusetts WIC Program, 1979.

Format: 1 sheet, multifolded

Source: Massachusetts WIC Program, 39 Boylston Street, 6th floor, Boston, MA 02116

Cost: Free to WIC programs within Massachusetts; 5¢ each outside of Massachusetts.

7th grade reading level/Multilingual (English, Portuguese, and Spanish)

Abstract: Problems which may be caused by anemia and reasons why the WIC program provides iron fortified formula (and not cow's milk) for the first 6 months after birth are identified. Directions are given for the preparation of concentrated liquid formula. Feeding tips stress the importance of holding and talking to baby while feeding, and of establishing a feeding schedule.

Descriptors: Infant feeding; Infant formula; Bottle feeding; Food preparation, home

Appraisal: The page unfolds to provide boxed instructions for preparation and use of formula on one side, feeding tips on the other. The information is excellent, but the lengthy text is in very small print.

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152 **Making Your Baby's Formula: Two Methods.** New Orleans, Nutritionist Services, not dated.

Format: 1 sheet

Source: Office of Health Services and Environmental Quality, Louisiana Dept. of Health and Human Resources, New Orleans, LA 70160

Cost: 2¢ per copy.

4th grade reading level/English

Abstract: Two formula preparation methods are described: the one bottle method, and the terminal heating method. Equipment needed, cleaning of equipment, reconstituting formula, and formula storage for each method are explained. Sanitary use of formula and proper feeding techniques are given.

Descriptors: Infant feeding; Infant formula; Bottle feeding; Food preparation, home

Appraisal: The directions are clear, concise and complete. The print is small but the format is attractive.

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153 **Powdered Formula.** Boston, Massachusetts WIC, Nutrition Education Task Force, not dated.

Format: 1 sheet, folded

Source: Massachusetts WIC Program, 39 Boylston Street, 6th floor, Boston, MA 02116

Cost: Free within Massachusetts to state programs; 5¢ per copy outside of Massachusetts.

4th grade reading level/Bilingual (English and Spanish)

Abstract: The advantages of using powdered formula are given. Simple directions are provided for preparing a single bottle (2, 4, 6 or 8 ounces) or a quart of formula. Additional instructions are given for reconstituting and using special formula.

Descriptors: Infant formula; Bottle feeding; Food preparation, home

Appraisal: Instructions are clearly presented using a variety of print types and helpful illustrations.

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154 **Preparing Powdered Formula To Make By The Bottle.** Indianapolis, IN, Division of Public Health of Marion County, not dated.

Format: 1 sheet

Source: Division of Public Health of Marion County, Indianapolis, IN 46222

Cost: Up to 6 copies free to WIC programs; send stamped, self-addressed, legal size envelope.

Minimal text/English

Abstract: Preparation of 2, 4, or 8 ounces of powdered formula is pictured in 4 simple steps.

Descriptors: Infant formula; Food preparation, home

Appraisal: Clear pictures support the concise text; useful for clients who have minimal reading skills or who do not read English.

AUDIOVISUALS

155 **Preparing Your Baby's Formula.** Columbus, OH, Ross Laboratories, 1980.

Format: 12 minute slide set with cassette

Source: Contact local Ross representative, or Ross Laboratories, 625 Cleveland Avenue, Columbus, OH 43216

Cost: $45.00. Free rental.

English and Spanish

Abstract: Types of formulas and the forms in which they are available are shown. Women are advised to get instruction from a health professional as to which formula is appropriate for their infant. Expiration dates on formula cans should be checked. Step-by-step methods of formula preparation and sterilization are shown. Storage and heating techniques are described.

Descriptors: Instructional media; Parent education; Infant formula; Food preparation, home

Appraisal: Excellent information graphically illustrates formula preparation and sterilization; suitable for all socioeconomic levels but may need to be adapted to individual WIC programs.

INTRODUCTION OF SOLID FOODS

156 **Baby Needs Iron To Grow.** Columbus, OH, Ohio Dept. of Health, not dated.

Format: 1 sheet, folded

Source: WIC Bureau, Ohio Dept. of Health, 246 North High, P.O. Box 118, Columbus, OH 43216

Cost: Free.

4th grade reading level/English

Abstract: Baby's need for iron is explained briefly. Food sources of iron are listed. Suggestions for starting solid foods are offered. Space is provided for the client to add other suggestions and to write the nutritionist's name.

Descriptors: Nutrient sources; Iron; Food guides; Food preparation, home

Appraisal: Attractive format, good organization and space to individualize instructions make this a useful item.

157 **Finger Foods.** Lansing, MI, Michigan Dept. of Public Health, 1978.

Format: 1 sheet, two-sided

Source: WIC Program, Michigan Dept. of Public Health, 3500 North Logan, Lansing, MI 48909

Cost: Contact source for cost.

2nd grade reading level/Bilingual (English and Spanish)

Abstract: Foods that can be eaten as finger food by infants 6-15 months are rated by their placement in 1 of 3 categories. Problem foods can cause baby to choke or to become fat, or can cause tooth decay.

Descriptors: Infant feeding; Baby foods; Dental health

Appraisal: The listings are clear, concise and to the point. Some may object to the wording, but it is effective.

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158 **A First Year Guide To Feeding Your Baby.** Evansville, IN, Mead Johnson & Company, 1981.

Format: 15 page booklet

Source: Mead Johnson & Company, Nutritional Division, 2404 Pennslyvania Avenue, Evansville, IN 47721

Cost: Contact source.

7th grade reading level/English

Abstract: The importance of good nutrition in the first year of life is explained. Advantages of breastfeeding are listed and the use of cow's milk is discouraged. The feeding guide briefly describes the appropriate types of foods and amounts of formula to give the baby at 3 stages: birth to 4 months, 5 to 7 months, and 8 to 12 months. A developmental guide lists the physical and emotional abilities and milestones which can be expected during each of the first 12 months. A growth chart and immunization record are provided.

Descriptors: Infant feeding; Infant development

Appraisal: A colorful introduction to infant feeding; minority representation is excellent. Sponsor's product is mentioned frequently. Supplemental information on introducing solids is needed.

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159 **Food for Baby's First Year.** St. Paul, MN, St. Paul-Ramsey County Nutrition Program, 1980.

Format: 1 sheet

Source: St. Paul-Ramsey County Nutrition Program, 555 Cedar Street, St. Paul, MN 55101

Cost: 6¢ per copy, plus $2.00 handling charge per order.

Minimal text/English, Laotian, Vietnamese, and Cambodian

Abstract: A chart, arranged by age, illustrates when and how to add new foods to baby's diet. Baby's developmental stages are correlated to diet needs. Cereal is introduced at 6 months, vegetables, fruit and tofu at 7 months, and finger foods are listed (give only 1 new food a week at 8-12 months). Using a cup is suggested at 7 months and weaning from the bottle at 1 year.

Descriptors: Infant feeding; Infant formula; Baby foods; Food guides; Infant development

Appraisal: Helpful illustrations support the brief text clearly presented in a step-by-step format. Culturally appropriate foods make this useful with Asian clients. Separate editions are available in each language.

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160 **Food For Baby's First Year.** Sacramento, California Dept. of Health Services (adapted from Ventura County Health Dept. and City of Berkeley Dept. of Public Health), 1978.

Format: 2 wall charts (17-1/2" X 23")

Source: WIC Supplemental Food Section, 714 P Street, Sacramento, CA 95814

Cost: Single copy free.

Minimal text/English and Spanish

Abstract: A 1-color wall chart divided into 8 age categories consists of drawings and lists of foods that illustrate when to add new foods to baby's diet. Foods to avoid are listed. Parents are urged to talk to a nutritionist, nurse or doctor for more information. Feeding tips are presented on a second wall chart.

Descriptors: Infant feeding; Food groups; Food guides; Nutrient requirements

Appraisal: Information is simple; text is appropriate, emphatic and supported by clear illustrations.

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161 **Foods For Your Baby: Birth To One Year.** Charleston, SC, Health Education & Information, 1980.

Format: Half sheet, two-sided

Source: Charleston County Health Dept., Charleston, SC 29401

Cost: Sample copy available.

4th grade reading level/English

Abstract: A feeding schedule arranged by age is presented on 1 side. Cereal is added at 5-6 months; unsalted vegetables at 6-7 months; unsweetened fruit and juice at 7-8 months; meat and egg yolks at 9 months; table food at 10-12 months. Brief feeding techniques are included. A blank form on the reverse side of the sheet includes space for baby's statistics, a food checklist and place for noting feeding instructions.

Descriptors: Infant feeding; Food guides

Appraisal: This brief summary of infant feeding is handy to give out at each visit. The format is attractive, but the print is very small.

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162 **Guideline For Introducing Solid Foods To Infants.** Decatur, GA, DeKalb County, 1980.

Format: 1 sheet, multifolded

Source: DeKalb County Health Dept., WIC Program, 30 Warren Street SE, Suite 201, Decatur, GA 30316

Cost: Not determined yet; contact source.

5th grade reading level/English

Abstract: When and how to introduce solid foods and when to use supplements are described. A sequence is recommended for adding foods (e.g., cereal, plain or strained vegetables) to the baby's diet of breast milk or formula. Each food category includes feeding schedules, serving sizes, and notes for foods to avoid. A sample menu for infants between 7 and 12 months is included. Food safety tips are mentioned.

Descriptors: Infant feeding; Semisolid infant foods; Baby foods

Appraisal: A lot of helpful, accurate information is given with a flexible approach to infant feeding. The format is attractive and the text is easy to read.

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163 **A Healthy Start For You And Your Baby.** Evansville, IN, Mead Johnson & Company, 1981.

Format: 1 sheet, multifolded

Source: Mead Johnson & Company, Nutritional Division, 2404 Pennsylvania Avenue, Evansville, IN 47721

Cost: Contact source.

6th grade reading level/English

Abstract: The needs and characteristic habits of newborn babies are described here for the young mother with her first-born child. Special nutritional and physiological needs are stressed and ways to meet them are described. Breast or bottle feeding, avoidance of cow's milk, and continuation of formula until age 1, and brief general guidelines for the introduction of solids at 4 to 6 months are included. A general guide suggests gradually increasing amounts of formula given throughout the first year. Selection of good quality day care also is discussed.

Descriptors: Infant feeding; Motivation

Appraisal: An attractive resource, especially appropriate for use with teenagers. Sponsor's product is frequently mentioned. Information on introduction of solids could be added.

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164 **Infant Feeding Guide: 0 To 5 Months; 6-12 Months.** Austin, TX, Texas Dept. of Health, not dated.

Format: set of 6, each 1 sheet, folded

Source: Texas Dept. of Health, 1100 West 49th Street, Austin, TX 78756

Cost: Single copy free. Permission to reproduce if credit given to source.

3rd grade reading level/Bilingual (English and Spanish)

Abstract: Charts with food drawings show when to add types of foods to baby's diet. The first guide covers 1-5 months; the second covers 6-12 months. Breast milk is the first food in each age category. Cereal is added at 4 months, vegetables at 4-1/2 months, fruit at 5 months, meat and egg yolks at 6-9 months, and table food at 9-12 months. Six feeding notes are included in each flyer.

Descriptors: Infant feeding; Food guides; Semisolid infant foods

Appraisal: Brief, pictorial presentation makes this useful with non-English reading clients. Spanish text is presented beneath English text, both in very small print. The feeding notes are important and concise.

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165 **Infant Feeding Series: When Is Baby Ready For Solid Foods?; Cereals For Your Baby; Fruit Juice For Your Baby; Vegetables For Your Baby; Fruit For Your Baby; Meat For Your Baby; Egg Yolk For Your Baby; Sunshine For Your Baby; Baby Enjoys Drinking From A Cup.** New Orleans, Office of Health Services and Environmental Quality, not dated.

Format: Set of 10, each 1/2 sheet, two-sided

Source: Nutritionist Services,
P.O. Box 60630, New Orleans, LA
70160

Cost: Contact source for cost.

4th grade reading level/English

Abstract: A series of colored sheets arranged by specific food tells parents the nutritive value, how to prepare and feed and serving sizes of each new food. Special notes (e.g., egg yolk: ask the doctor when to introduce into baby's diet) are included. Parents are urged to add only 1 new food at a time. Three topics treated more generally are: introduction of solids, baby's need for sunlight, and weaning.

Descriptors: Infant feeding; Food guides; Food groups; Baby foods; Food habits

Appraisal: Helpful and accurate information is divided into easy-to-manage sections. Space for adding comments is useful for individualizing instructions.

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166 **A Primer On Infant Nutrition.** Evansville, IN, Mead Johnson & Company, 1978.

Format: 16 page booklet

Source: Mead Johnson & Company,
Nutritional Division, 2404
Pennsylvania Avenue, Evansville, IN
47721

Cost: Contact source.

8th grade reading level/English

Abstract: The unique physiological and nutritional needs of a baby's first year of life and ways to fulfill them are described. The advantages of breastfeeding are briefly discussed and the composition of infant formula is compared to breast milk composition. A feeding guide broadly describes the diet through the first year: when to add cow's milk, whether to use low fat milks, and when to add solid foods. Nutritional deficiencies (iron and zinc) and excesses (sodium and protein) which may result from improper feeding practices are described. The controversy surrounding the role of the infant's diet in the development of obesity, hypertension, and atherosclerosis is discussed. A true/false self-test for the client and a child's nutritional history chart are provided.

Descriptors: Infant feeding; Nutritional deficiencies; Mineral deficiencies; Obesity; Atherosclerosis; Hypertension

Appraisal: A good introduction to infant feeding; information could be added on introduction of solids.

PREPARATION OF BABY FOODS

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167 **Baby Food: Making It Yourself.** Burlington, VT, Vermont Dept. of Health, Nutrition Services, 1977.

Format: 1 sheet, multifolded

Source: Nutrition Services,
Vermont Dept. of Health, 115
Colchester Avenue, Burlington, VT
05401

Cost: Free. Limited number available.

7th grade reading level/English

Abstract: Manual and automatic equipment needed for baby food preparation is described. Texture and consistency of foods appropriate to age and developmental readiness are outlined. Selection, preparation and serving suggestions are given for cereals, fruits (fresh, dried, canned), vegetables, eggs, meats and fish, and dried beans. Use of sugar, fat, salt and spices is discouraged. Safety tips stress cleanliness and proper food handling.

Descriptors: Infants (To 2 years); Infant feeding; Semisolid infant foods; Food preparation, home

Appraisal: The approach supports making baby food at home; the information is excellent and complete; the format is striking but the print is very small. Tips for good nutrition are useful.

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168 **Hints On Preparing Your Own Baby Food.** New York, Brownsville Neighborhood Care Center, 1981

Format: 1 sheet, folded

Source: Brownsville Neighborhood Care Center, 259 Bristol Street, Brooklyn, NY 11212

Cost: Single copy free. Send self addressed stamped envelope.

4th grade reading level/English

Abstract: Equipment and simple directions for preparing infant and toddler foods (including refrigeration and freezing) are described. A guide for the introduction and preparation of semisolid foods suggests: baby cereals for the first year without added salt, sugar, or fats; vegetables (at 4-5 months); fruits (at 5-6 months); juices (at 6 months); and meats (at 7-8 months). Recipes are provided for dried peas/beans, carrot puree, chicken puree and raw applesauce.

Descriptors: Infant feeding; Semisolid infant foods; Food preparation, home

Appraisal: The format is attractive; the directions are concise and accurate. The recipes are helpful and use nutritious foods.

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169 **Home-Made Baby Food.** Berkeley, CA, City of Berkeley Dept. of Public Health, 1976.

Format: 9 page booklet

Source: City of Berkeley Health Dept., Berkeley, CA 94704

Cost: Send $1.00 and self addressed stamped envelope for single copy.

8th grade reading level/English

Abstract: The advantages of home-made baby foods are listed and the ease of transition to family foods is emphasized. Directions for preparation of vegetables, fruits and meats with simple manual equipment and blender are given. General principles of cookery, preparation and storage (with an emphasis on safety) are explained. The addition of sugar, salt and spices is discouraged. A feeding chart describes transition from breastmilk/formula to table foods in 2 month increments, from birth to 12 months. Preparation of refined and whole grain cereals (when infant cereals are not used) is described. Suggestions for use of commercial baby foods include choosing simple foods, regular foods when possible (cottage cheese and egg yolks) and using coarsely chopped table foods rather than junior foods.

Descriptors: Infants (To 2 years); Infant feeding; Semisolid infant foods; Baby foods; Food preparation, home

Appraisal: This beautiful booklet warmly emphasizes individual needs. Directions are simple and accurate; the use of family foods (without salt, sugar, spices) is promoted. Attractive drawings support the text.

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170 **Make Your Own Baby Food.** Riverside, CA, Dept. of Public Health, 1980.

Format: 1 sheet, folded

Source: Ventura County Health Care Agency, 3147 Loma Vista Road, Ventura, CA 93009

Cost: Single copy only. Send self addressed stamped envelope.

6th grade reading level/English and Spanish

Abstract: Simple directions are given for preparation, use and storage of baby foods. Instructions are provided for cooking and grinding meats; suitable vegetables and fruits for cooking and straining are listed. Addition of sugar, salt, and seasoning is discouraged.

Descriptors: Infants (To 2 years); Infant feeding; Semisolid infant foods; Food preparation, home

Appraisal: The print is small, but the format is attractive and the directions are clear. Moistening meat with milky gravy is suggested, and avoiding tomato and citrus until baby is 1 year old is recommended.

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171 **Making Baby Food,** (AL-524). Manhattan, KS, Cooperative Extension Service, Kansas State University, 1978.

Format: 1 sheet, multifolded

Source: Publications Office, Cooperative Extension Service, Kansas State University, Manhattan, KS 66502

Cost: 30¢ per copy; $10.00 per 100 copies.

9th grade reading level/English

Abstract: Baby's readiness for solid foods is discussed briefly; introduction of solids is not suggested before 4-6 months of age. A chart is provided which lists types, amount and frequency of foods to be given from birth to 4 months. The importance of cleanliness, equipment for pureeing foods, cooking methods and guidelines for serving and storage of home prepared baby foods are described in detail. Home canning of baby foods is not encouraged. Basic recipes describe preparation of fresh and cooked fruits, cooked vegetables, egg yolk puree, cooked meats, combination dishes and an egg custard. Reasons to avoid high nitrate vegetables, salted foods, raw eggs, raw milk, and commercially prepared combination dishes are provided.

Descriptors: Infants (To 2 years); Infant feeding; Semisolid infant foods; Food preparation, home; Recipes

Appraisal: The thorough, well-written, but lengthy text is well-organized and drawings support the accurate directions. Dried legumes are not mentioned. The feeding guide is in very small print.

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172 **Making Baby Foods At Home.** Raleigh, NC, North Carolina Extension Service, A & T and North Carolina State Universities, 1980.

Format: 1 sheet, multifolded

Source: Nutrition & Dietary Services Branch, Division of Health Services, P.O. Box 2091, Raleigh, NC 27602

Cost: Single copy free. Multiple copies not available outside of North Carolina.

6th grade reading level/English

Abstract: Home preparation and storage of baby foods are described. General directions are given for cooking, freezing, thawing and rewarming of baby foods. Utensils and equipment needed are listed and pictured. Specific instructions are given for preparation of fresh and frozen fruits and vegetables, egg yolk, meats, dried beans and peas. Simple and safe methods of preparation without salt, sugar, fats and other seasonings are stressed.

Descriptors: Infants (To 2 years); Infant feeding; Semisolid infant foods; Food preparation, home

Appraisal: The format is striking (red and beige with black print, gray shading) and well organized. The lengthy text gives clear and accurate directions in small print. The cover shows a black baby; the opened page is a beautiful presentation of directions for preparing baby foods.

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173 **Making Your Own Baby Foods: With Love.** Hidalgo County, TX, Hidalgo County Health Department, 1979.

Format: 4 page pamphlet

Source: Hidalgo County Health Dept., 1425 South 9th Street, Edinburg, TX 78539

Cost: Free. Send self addressed stamped envelope.

7th grade reading level/English and Spanish

Abstract: The advantages and ease of baby food preparation, equipment needed, and its use are described. Addition of salt, sugar and spices are discouraged. Basic recipes give directions for preparation, use and freezing of meats and vegetables, canned and fresh fruits, meat combination dishes, junior and toddler foods. The concluding page emphasizes cleanliness.

Descriptors: Infants (To 2 years); Infant feeding; Semisolid infant foods; Food preparation, home

Appraisal: Many pertinent points are made, but the information is scattered throughout the chatty text, and the focus is diminished by the use of double-spacing and small print throughout. Cooking directions are not given and no mention is made of avoiding fat.

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174 **To Make Your Own Baby Food.** Chicago, IL, Dept. of Health, Nutrition Section, 1979.

Format: 1 sheet

Source: Chicago Dept. of Health, R.J. Daley Center, Chicago, IL 60660

Cost: Single copy free. Send self addressed stamped envelope.

5th grade reading level/English

Abstract: Drawings illustrate equipment and other items needed for making baby foods (fork and strainer, blender, food mill). Sanitary preparation of plain foods without added sugar, seasonings or fat is simply described. Proper methods of refrigerator and freezer storage and of thawing/rewarming are given. Space is provided for other suggestions to be written.

Descriptors: Infants (To 2 years); Infant feeding; Semisolid infant foods; Food preparation, home

Appraisal: The general directions are clear, concise and complete. The format is attractive, the text well spaced with drawings.

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175 **You Can Make Your Own Baby Food.** Jackson, MS, Mississippi State Board of Health, 1976.

Format: 1 sheet

Source: State Board of Health, WIC Program, 2906 North State Street, Dale Building, Suite 600, Jackson, MS 39216

Cost: Free. Send self addressed stamped legal size envelope. Camera-ready copy available.

3rd grade reading level/English

Abstract: The advantages of home preparation of baby foods are described briefly in a question/answer format. Directions are given for utensils and equipment needed, preparation and storage of bread cubes, vegetables, fruits, meats and eggs. Safe storage of prepared baby foods also is described. Addition of sugar, salt and fat is discouraged.

Descriptors: Infants (To 2 years); Infant feeding; Semisolid infant foods; Food preparation, home

Appraisal: Pertinent information is briefly given in an attractive format.

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176 **You Can Make Your Own Baby Food.** Tucson, AZ, Pima County Health Dept., not dated.

Format: 1 sheet

Source: Nutrition Services, Pima County Health Dept., 151 West Congress, Tucson, AZ 85701

Cost: Single copy free. Send self addressed stamped envelope.

6th grade reading level/Bilingual (English and Spanish)

Abstract: With an emphasis on thrift and use of nutritious foods, the selection and basic preparation of appropriate vegetables, fruits, meats, dry beans and rice, potatoes, macaroni and egg yolk are described briefly. Blending, grinding, freezing, and rewarming instructions are given. Addition of sugar, salt, gravy or fat is discouraged. Foods which should not be given to baby are listed. English text is on one side, Spanish text on the other.

Descriptors: Infants (To 2 years); Infant feeding; Semisolid infant foods; Food preparation, home

Appraisal: Instructions are clear and complete, but are given in run-on text. The only directions given for storage are for freezing. Cleanliness is condensed to a brief note at the end.

THERAPEUTIC ASPECTS OF INFANT FEEDING

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177 **Conquer Anemia.** Denver, Colorado Dept. of Health, 1979.

Format: 1 sheet, multifolded

Source: Colorado State Health Dept., Nutrition/WIC, 4210 East 11th Avenue, Denver, CO 80220

Cost: Single copy free. Send self addressed stamped envelope.

7th grade reading level/English and Spanish

Abstract: The symptoms and cause of anemia are briefly described, and the role of iron is explained. Good food sources of iron from the meat, breads/cereals, and fruits/vegetables groups are listed. Vitamin C-rich foods are suggested for inclusion in the diet to facilitate absorption of iron. Space is allowed for analysis of client's present intake and methods to improve it; a foods list with iron contents is provided. Questions reinforce the evaluation of the present intake, proposed method of increasing children's intake, and vitamin C-rich foods to be eaten daily.

Descriptors: Iron deficiency anemia; Iron nutriture; Food habits; Snacks; Infant feeding; Preschool children (2-5 years)

Appraisal: The activities to improve iron intake are excellent. The format is attractive and well-organized, and many food sources of iron are listed.

---

178 **Do You Think Your Baby is Too Fat?** by Rosemarie Newman, Barbara Runyon, and George Elsman. Atlanta, Kuona, Ltd., not dated.

Format: Poster

Source: Georgia Dept. of Human Resources, Office of Nutrition, Room 354-S, 47 Trinity Avenue SW, Atlanta, GA 30334

Cost: Single copy free to state agencies. Permission to reprint with credit given to source.

9th grade reading level/English

Abstract: Disadvantages of excess fat for infants and children, and resultant health problems for adults are listed. Suggestions for preventing overweight focus on giving attention, soothing a crying child without food, and controlling child's diet and snacks while encouraging exercise.

Descriptors: Obesity; Infant feeding; Preschool children (2-5 years)

Appraisal: Humorous illustrations and large type spark interest. The emphasis is on prevention, but messages may tend to load mother with guilt.

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179 **Fat Babies...** Phoenix, AZ, Arizona Dept. of Health Services, not dated.

Format: 1 sheet, multifolded

Source: Arizona Dept. of Health Services, Bureau of Nutrition Services, 3424 North Central Avenue, Suite 300, Phoenix, AZ 85012

Cost: Single copy free. Permission to reproduce with credit given to source.

7th grade reading level/English and Spanish

Abstract: Humorous drawings and simple explanations describe the relationship between fat babies, fat adults, and health problems. Guidelines are offered to prevent overfeeding. Lined space is provided for client to write "what I will do for my baby."

Descriptors: Infant feeding; Obesity; Food habits

Appraisal: The print is large, and the message is simply and clearly presented in an attractive format.

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180 **The Fat Child...Born Or Made? Thoughts On Feeding From Infancy To Adolescence.** Manhasset, NY, Weight Watchers International, 1978.

Format: 14 page booklet

Source: Weight Watchers International, 800 Community Drive, Manhasset, NY 11030

Cost: Contact source.

5th grade reading level/English

Abstract: The theory that overweight children become overweight adults, and the role of early feeding practices in that process are explained. Feeding tips are given for: the baby during the first year, the overweight baby, the toddler, and the overweight child to adolescence. The Basic 4 food groups are used as the basis of the feeding pattern for the toddler. The number of required servings, nutrients provided, and their functions are included.

Descriptors: Child nutrition; Obesity; Food habits; Food guides; Nutrients

Appraisal: A positive approach to preventing overweight by forming good eating habits: text is informative but may be too lengthy for some WIC participants.

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181 **I'm Cute & Cuddly But I'm Too Fat!** Charleston, SC, Trident Health District, 1980.

Format: 1 sheet, folded

Source: Trident Health District, Charleston County Health Dept., Charleston, SC 29401

Cost: Single copy free. Send self addressed stamped envelope.

7th grade reading level/English

Abstract: The disadvantages of excess weight for infants, children and adults are briefly stated. Feeding practices and restriction of activity which may cause baby to become too fat are listed. Parents are encouraged to follow meal planning and nutritional instructions from their health care provider.

Descriptors: Infants (To 2 years); Infant feeding; Obesity

Appraisal: The information is accurate and pertinent, but suggestions tend to be negative. The illustration of mother feeding baby is not really appropriate.

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182 **Is A Chubby Baby A Healthy Baby?** Jackson, MS, WIC, 1980.

Format: 1 sheet

Source: Mississippi State Board of Health, WIC Program, 2906 North State Street, Dale Building, Suite 600, Jackson, MS 39216

Cost: Single copy free.

5th grade reading level/English

Abstract: The disadvantages of overweight for infants, children and adults are described briefly in a bright yellow flyer with red lettering and illustrations. Feeding practices which may cause a child to be overweight are listed. Parents are encouraged to follow meal planning and feeding instructions provided by health care professionals and to give attention and affection to children rather than extra food.

Descriptors: Infants (To 2 years); Infant feeding; Obesity

Appraisal: Amusing illustrations soften the message and support the positive approach to preventing obesity.

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183 **Perk Up Your Baby With Iron Rich Foods.** Austin, TX, Texas Dept. of Health, 1976.

Format: 1 sheet, folded

Source: Texas Dept. of Health, Literature & Forms Unit, 1100 West 49th Street, Austin, TX 78756

Cost: Single copy free. Permission to reproduce with credit to source.

7th grade reading level/English

Abstract: The symptoms of anemia and the function of iron in preventing anemia are described briefly. Iron fortified formula, cereals, and iron rich baby foods are recommended for infants under 1 year of age, while iron-rich table foods from 3 basic food groups (excluding the milk group) are listed for children over 1 year. Foods available from the WIC program are starred.

Descriptors: Iron nutriture; Infants (To 2 years); Infant feeding; Iron deficiency anemia; Food groups

Appraisal: The format is attractive; the print size is large, but the red color may be distracting. There is no mention of using vitamin C foods to improve iron absorption.

184 **Too Much, Too Soon.** Boston, Massachusetts WIC Program, 1980.

Format: 12 page booklet

Source: Massachusetts Nutrition Education Task Force, WIC Program, 39 Boylston Street, 6th Floor, Boston, MA 02116

Cost: Free within Massachusetts; 15¢ per copy outside of Massachusetts. Camera-ready copy available. Do not send envelope or stamps.

7th grade reading level/English

Abstract: Two women discuss aspects of infant feeding in a conversational format: the danger of overfeeding leading to health problems; premature introduction of solids; allergies; and methods for soothing a crying baby. Descriptive information accompanying the discussion details infant development and feeding schedules. The use of sweetened water is not recommended; a list of indications that baby is satiated is given.

Descriptors: Infant feeding; Obesity; Satiety

Appraisal: Emphasizes feeding techniques that promote the development of good food habits to prevent obesity. Comic book format holds reader's interest and may lower resistance to the large volume of information.

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185 **Wheat Allergy.** Charleston, SC, Trident Health District, 1976.

Format: 1 sheet, multifolded

Source: Charles County Health Dept., Charleston, SC 29401

Cost: Single copy free. Send self addressed stamped 8" x 11" envelope.

8th grade reading level/English

Abstract: Foods allowed and foods not to be eaten are listed. Label reading to avoid products containing wheat is encouraged. Recipes are given for yellow cake, rice flour pancakes, potato starch biscuits, and cookies made from baby rice cereal.

Descriptors: Allergies; Allergy diets; Recipes; Wheat; Wheat substitutes; Labeling

Appraisal: Food listings are adequate, but vegetables are not mentioned. Recipes are helpful.

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186 **Wheat, Milk, Eggs: Allergic?** Charleston, SC, Trident Health District, not dated.

Format: 1 sheet, folded

Source: Charles County Health Dept., Charleston, SC 29401

Cost: Single copy free. Send self addressed 8" x 11" stamped envelope.

8th grade reading level/English

Abstract: Separate lists suggest foods allowed and foods to be avoided. Label reading is encouraged; ingredients to look for on labels are listed. A sample menu gives suggestions for 1 day's meals and snacks. Recipes for molasses cookies, corn and rice muffins, and imitation ice cream are provided.

Descriptors: Allergies; Allergy diets; Recipes; Wheat; Wheat substitutes; Milk; Milk substitutes; Eggs

Appraisal: Gluten is to be avoided; however, all canned and frozen vegetables are permitted with no warning about those with sauces. Recipes may be helpful.

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187 **Wise Tips For Avoiding Infant Allergies.** Denver, CO, Colorado State Health Dept., 1978.

Format: 1 sheet, folded

Source: Colorado State Health Dept., Nutrition/WIC, 4210 East 11th Avenue, Denver, CO 80220

Cost: Single copy free.

7th grade reading level/English

Abstract: Two suggestions for reducing the chance of infant food allergies are breastfeeding and waiting until 4 to 6 months of age to offer solid foods. Simple instructions explain when and how to introduce cereals, fruits and vegetables, and protein foods. Symptoms of food allergies are listed.

Descriptors: Infant feeding; Allergies

Appraisal: Helpful information is given in an attractive format; the emphasis is on prevention.

AUDIOVISUALS

188 **Is Your Baby Too Fat?** Atlanta, GA, Kuona, Ltd., 1980.

Format: 10 minute slide set with audio cassette

Source: Kuona, Ltd., 1303 Spring Street NW, Atlanta, GA 30309

Cost: Contact source.

English

Abstract: A fat baby describes what it is like to be fat. The myth that a fat baby is cute and healthy is dispelled. Motor development, activity level, and future eating habits of fat babies are discussed. The social stigma of being a fat child and the health risks of the fat adult are addressed. Practical suggestions are offered for parents to prevent obesity in their children.

Descriptors: Instructional media; Parent education; Infants (To 2 years); Obesity; Psychological aspects

Appraisal: Very sensitive, accurate information on the prevention of obesity; appropriate for all caretakers of infants and children.

INFANT DENTAL CARE

189 **Baby's Teeth And Their Care.** Boston, MA, Massachusetts WIC Program, 1979.

Format: 14 page booklet

Source: Massachusetts Nutrition Education Task Force, WIC Program, 39 Boylston Street, 6th Floor, Boston, MA 02116

Cost: Free to Massachusetts WIC programs; outside of Massachusetts, 15¢ per copy.

8th grade reading level/English and Spanish

Abstract: Teething, care of teeth and general dental care for infants and children is discussed in an illustrated guide. Specific topics include teething, use of nipples and pacifiers, ways to avoid nursing bottle syndrome, and foods that promote healthy teeth.

Descriptors: Dental health; Nursing bottle carries; Food habits; Infants (To 2 years)

Appraisal: A beautiful and comprehensive booklet with much important information. The illustrations are informative and multiracial; the print size is small, but varied within the text.

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190 **Caring For Your Baby's Teeth.** Richmond, VA, Dept. of Health, WIC Program, 1981.

Format: 1 sheet, folded

Source: Virginia Dept. of Health, WIC Program, 823 East Main Street, Room 200, Richmond, VA 23219

Cost: Single copy free. Send self addressed stamped envelope.

7th grade reading level/English

Abstract: Dental care is discussed in a question/answer format. The importance of baby teeth and the cause and identification of tooth decay are explained. Suggestions for soothing a teething baby's gums and care of newly erupted teeth are given. The emphasis is on reducing or avoiding use of foods which will stimulate caries production. Illustrations identify the names and locations of baby teeth and the approximate age at which they appear. A brief food guide recommends the number of servings (from the Basic 4 food groups) appropriate for children.

Descriptors: Infants (To 2 years); Teeth; Dental health; Dental caries; Nursing bottle caries; Child development; Food guides

Appraisal: Appealing biracial illustrations complement the lengthy text which offers many positive suggestions in a warm and informative manner.

191 **Help Your Baby To A Healthy Smile.** Dallas, TX, Health Dept., 1979.

Format: 1 sheet, folded

Source: WIC Nutrition Program, Dallas City Health Dept., WIC Project 07, Martin Luther King Health Center, 2922 Martin Luther King Boulevard, Dallas, TX 75215

Cost: Single copy free. Send self addressed stamped envelope.

3rd grade reading level/English and Spanish

Abstract: The importance of the infant's dental care by the parent is explained. Guidelines for dental care are listed as "do's" and "don'ts." "Do's" include balanced diet, providing water, daily cleansing the mouth, regular dental visits after age 3, and weaning with the appearance of the first tooth. Avoiding sugar-containing foods and not allowing baby to nap with a bottle are the "don'ts."

Descriptors: Infants (To 2 years); Teeth; Dental health; Dental caries; Nursing bottle caries

Appraisal: The illustrations and heavy print emphasize the brief points clearly presented in an attractive format.

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192 **Nursing Bottle Mouth.** Chicago, American Dental Association, 1978.

Format: 1 sheet, folded

Source: American Dental Association, 211 East Chicago Avenue, Chicago, IL 60611

Cost: Single copy free.

5th grade reading level/English

Abstract: Causes of tooth decay in infants are discussed. Tips to prevent nursing bottle mouth include: remove bottle from child's mouth before he or she falls asleep; do not use sugar or honey on the pacifier; and clean baby's teeth after each feeding.

Descriptors: Infants (To 2 years); Nursing bottle caries

Appraisal: Material is concise and to the point, including suggestions for prevention; photographic illustrations provide motivation.

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193 **Nursing Bottle Mouth.** Wichita, KS, Wichita-Sedgwick County WIC, 1981.

Format: 1 sheet, multifolded

Source: Wichita-Sedgwick County WIC Program, 1719 East First, Wichita, KS 67214

Cost: Single copy free. Send self addressed stamped envelope.

2nd grade reading level/English, Spanish, and Vietnamese

Abstract: Giving a baby a bottle while he is sleeping is strongly discouraged. Dental caries, overweight and ear infections are listed as possible problems. Liquids to avoid in the bedtime bottle are listed; water is the only liquid suggested. Early dental care includes brushing teeth as soon as they appear, dentist visits by age 2, and wise food choices.

Descriptors: Nursing bottle caries; Bottle feeding

Appraisal: Very large, heavy print dramatizes the simple presentation of important information.

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194 **Teething: What To Expect.** Lincoln, NE, Nebraska Dept. of Health and Wisconsin Dept. of Health, 1980.

Format: 1 sheet, folded

Source: Nebraska Dept. of Health, Nutrition Division, 301 Centennial Mall South, P.O. Box 95007, Lincoln, NE 68509

Cost: Single copy free.

8th grade reading level/English

Abstract: The approximate age of eruption of the primary teeth is described and illustrated. Possible signs of teething and tips for coping with these problems are given. Food sources of nutrients (protein, phosphorus, B vitamins, calcium, vitamins A and C) needed for healthy gums and teeth are listed. Sugar, syrup or honey-sweetened foods to be avoided are listed, as are nutritious alternative snack foods.

Descriptors: Preschool children (2-5 years); Teeth; Dental health; Dental caries; Nutrient requirements; Nutrient sources

Appraisal: Lengthy text with interesting information and helpful suggestions. This is a continuation of "Infant Feeding Series; Facts You Need to Know" (previously mentioned in Infant Feeding/Overview section).

AUDIOVISUALS

195 **Bright From The Start: The Story of The Nursing Bottle And Your Child's Teeth.** by Stan Shulman. Washington, DC, District of Columbia Dental Association, 1982.

Format: 10 minute slide set with cassette

Source: Nursing Bottle Caries Prevention Program, Research and Education Foundation, District of Columbia Dental Society, 4300 Fordham Road, NW, Washington, DC 20016

Cost: $55.00 each (allow 8 weeks for delivery).

English (contact source for information on other languages)

Abstract: The damage to baby teeth that can be caused by the improper use of the baby bottle is discussed. Putting a baby to bed with a bottle is compared to having him suck on candy all night long. In both these cases, the baby's teeth are in a decay-promoting environment. Problems of nursing bottle mouth may include toothaches, early loss of baby teeth, and damage to developing adult teeth. Recommendations include: offering liquids from a cup as early as possible; avoiding the use of the bottle as a pacifier; avoiding sugar-containing food or sticky sweets; and using only baby formula, milk, or water in a baby bottle.

Descriptors: Instructional media; Parent education; Bottle feeding; Nursing bottle caries

Appraisal: Amount and content of information is very good. A multi-ethnic population is presented through a combination of photographs and illustrations. Some of the recommendations use the negative approach of "don't." Disturbing photographs of dental decay leave a vivid impression.

PRESCHOOL CHILDREN

OVERVIEW

196 **Building Good Food Habits For Kids 1-6.** Jefferson City, MO, Missouri Division of Health, 1979.

Format: 1 sheet, multifolded

Source: Missouri Division of Health, WIC Program, P.O. Box 570, 402 [illegible] Road, Jefferson City, MO 651[illegible]

Cost: 100 copies free in Missouri; 10 copies free in all other states. Do not send envelope or stamps.

6th grade reading level/English

Abstract: Using a construction theme, care providers are presented with tips on starting and keeping good eating patterns, setting examples early, serving sizes, eating problems and using color and texture to make eating fun. A chart shows suggested serving sizes of foods from the Basic 4 food groups, and nutritious desserts for 1-3 year olds and 3-6 year olds. Some ideas for changing poor eating habits (e.g., playing with food, food jags, refusal to eat) are included. Feeding the sick child is mentioned.

Descriptors: Food habits; Food guides; Food groups

Appraisal: Excellent information creatively presented in well-organized format. However, approach and phrasing are scholarly and sometimes negative; print size is very small.

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197 **Food For The Preschooler; Volumes I, II, and III.** Olympia, WA, Dept. of Social & Health Services, 1981.

Format: 3 booklets

Source: Dept. of Social & Health Services, LM 13, Bldg. 12, Airdustrial Park, Olympia, WA 98504

Cost: Single copy free; no multiple copies available.

8th grade reading level/English

Abstract: Three pamphlets provide brief, simple advice for developing good eating practices in children. Volume I discusses variable appetite, provides a daily food guide (with appropriate serving sizes), explains a child's need for iron, and includes a list of iron sources. Suggestions for mealtime atmosphere, practical utensils, finger foods and breakfast also are included. The second volume enhances previous material with a discussion of food habits and preferences, meal preparation with children, and snacks. Volume III offers short discussions of dental health, obesity, television advertising, and salt intake. The USDA dietary guidelines are listed.

Descriptors: Instructional materials; Parent education; Preschool children (2-5 years); Food habits; Dental health

Appraisal: This is a beautiful series which gives complete and accurate information in appealing format on high quality paper. Illustrations and text are positive, warm, and supportive of individual needs.

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198 **Foods For Toddlers And Preschoolers.** by Sarah Hinton, Diane Kerwin, and Barbara Mann. Raleigh, NC, North Carolina Agricultural Extension Service, A & T and North Carolina State Universities, 1981.

Format: 12 page flipchart

Source: Nutrition & Dietary Services Branch, Division of Health Services, P.O. Box 2091, Raleigh, NC 27602

Cost: Single copy will be loaned to state agencies as supplies permit.

7th grade reading level/English

Abstract: Colorful drawings of children illustrate the brief text which provides information both for promoting good food habits, and for helping children with eating problems, such as food jags, food rituals, and food dislikes. Tips on how to make eating and mealtimes pleasant experiences for children are included. Reminders cover: serving sizes; food consistency; special eating utensils; and mealtime environment. Drawings of foods emphasize children's food preferences, the number of servings needed from each of the Basic 4 food groups, and nutritious snacks.

Descriptors: Infant feeding; Food guides; Food habits; Psychological aspects

Appraisal: Emphasizes meeting special food needs of children and ways to provide pleasant eating experiences in a warm and positive manner. Colorful, appealing illustrations include multi-ethnic individuals.

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199 **Food For Your Child Ages 1-5; A Guide For Parents.** Raleigh, NC, North Carolina Agricultural Extension Service, and North Carolina Dept. of Human Resources, 1980.

Format: 1 sheet, multifolded

Source: Nutrition & Dietary Services Branch, Division of Health Services, P.O. Box 2091, Raleigh, NC 27602

Cost: Single copy free. Multiple copies not available outside of North Carolina. Permission may be granted to reproduce.

5th grade reading level/English, Vietnamese, and Laotian

Abstract: Reasons for and descriptions of eating behaviors such as food jags, food rituals, food dislikes, and small appetites are provided for parents. As a way to encourage good food habits, parents are urged to make eating a pleasant experience for the child. A daily food guide displays recommended number and size of servings from each of the Basic 4 food groups for 1-3 year olds and 3-5 year olds.

Descriptors: Children; Food habits; Food guides; Basic Four

Appraisal: Nicely emphasizes individual needs, and the importance of permitting children choices about food and keeping sweets low in the diet. Attractive, well-organized format with lengthy text and small print.

200 **Healthy, Happy Children: A Guide To Good Nutrition For Parents And Kids.** by Barbara F. Seretta. Portland, ME, Cumberland WIC, not dated.

Format: 6 page booklet

Source: People's Regional Opportunity Council, Cumberland WIC, 145 Newbury Street, Portland, ME 04101

Cost: Single copy free to state agencies outside of Maine. Multiple copies available in Maine at $300.00 per 1000 copies. Camera-ready copy available.

9th grade reading level/English

Abstract: The importance of good nutrition and good food habits is explained. A food guide lists the number of recommended servings, nutrients provided and their function, examples of appropriate foods, and serving sizes for each of 5 food groups. A food record chart allows the parent to evaluate a child's intake for 3 days. Common eating problems discussed include sugar craving, poor appetite, overweight, and high blood pressure. A list of healthful snacks is given.

Descriptors: Children; Food habits; Food guides; Basic Four; Nutrient requirements; Nutrient sources; Snacks; Obesity

Appraisal: The food guide is well done, but there are no suggestions for meal planning or for serving foods that appeal to children. Nutritious foods are emphasized in a somewhat negative manner.

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201 **Parents And Preschoolers: A Recipe For Good Nutrition.** by Jill Randell, and Christine Olson. Ithaca, NY, Division of Nutritional Sciences, 1979.

Format: Flip chart

Source: Distribution Center, 7 Research Park, Cornell University, Ithaca, NY 14850

Cost: $6.00.

8th grade reading level and Bilingual (English and Spanish)

Abstract: Photographs are used to emphasize basic facts about encouraging good nutrition habits in children. Questions about each point, and possible answers are included but the user is encouraged to go beyond the answers given. Topics covered include: feed the child nutritionally sound, small, attractive meals; encourage them to eat by praising them rather than forcing food and tempting them with rewards; avoid sweets and too much salt; and don't be swayed by television commercials. Also, children enjoy food more if they help prepare it, and if someone sits with them while they eat.

Descriptors: Instructional materials; Nutrition education; Preschool children (2-5 years); Parents; Food habits

Appraisal: Black and white photographs are used. Discussion questions and answers are comprehensive; covers nutritional and psychological aspects.

AUDIOVISUALS

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202 **Child Development And Child Health.** Mount Kisco, NY, Parent's Magazine, 1975.

Format: Set of 5 filmstrips with 3 cassettes

Source: Parent's Magazine Filmstrips, Box 4000, Communications Park, Mount Kisco, NY 10549

Cost: $109.00 for set, including script booklet for each filmstrip.

English

Abstract: A series on child development and health was designed for use in high school, college, and adult education programs. The importance of a balanced diet throughout the many stages of life is stressed. This program can be used to prepare parents for the responsibility of caring for the health of the child, and to offer parents and professionals information on the prevention and treatment of childhood health problems.

Descriptors: Instructional media; Parent education; Professional education; Child development; Child nutrition; Child care; Health care; Pregnancy and nutrition; Pregnancy diets

Appraisal: Series could be useful with guidance from professional staff; the sections on food choices and obesity are the most suitable for WIC and CSF programs.

203 **Children 1-5.** Atlanta, Kuona, Ltd., 1976.

Format: 7 minute slide set with audio cassette

Source: Kuona, Ltd., 1303 Spring Street NW, Atlanta, GA 30309

Cost: $55.00 each.

English

Abstract: Narrated by a child, the script instructs parents on correct feeding practices for children after 1 year of age. The justifications for weaning from a bottle at 1 year are presented. Techniques of introducing solid foods to children are given along with suggested types of foods (which exclude junk foods). Prevention of obesity and promoting a pleasant mealtime are emphasized.

Descriptors: Instructional media; Parent education; Infant feeding; Weaning; Baby foods; Obesity

Appraisal: Excellent content, cleverly presented, on techniques of feeding appropriate for caretakers of children 1-5 years of age.

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204 **Food To Grow On: Nutrition From Newborn Through Teens.** Orlando, FL, Tupperware, 1977.

Format: 3 filmstrips with 10-12 minute audio cassettes

Source: Tupperware Home Parties/Educational Services, P.O. Box 2353, Orlando, FL 32802

Cost: $14.50 (includes teacher's guide, scripts, and duplication masters; note: new version will be available in 1982).

English

Abstract: Using a values clarification approach, this program offers participants an opportunity to investigate the role of food in human development from before conception through adolescence. Basics of sound nutrition are explored, and the emotional, cultural, and social factors which influence food choices for each age period are considered. The program is designed for students in home economics, child development, nutrition, consumer education, social studies and psychology; home economics extension agents; and community organizations.

Descriptors: Instructional media; Nutrition education; Infant nutrition; Adolescents (12-19 years); Infants (To 2 years); Preschool children (2-5 years); School children (6-11 years); Nutrition information; Food habits; Human development

Appraisal: Appropriate for a wide range of socio-economic levels; useful information is presented in an attractive, professional manner.

PLANNING MEALS FOR PRESCHOOL CHILDREN

205 **As Children Eat...So Will They Grow.** Houston, City of Houston Health Dept., Nutrition Services, 1980.

Format: 1 sheet, folded

Source: WIC Project #26, City of Houston Health Dept., 3315 Delano, Houston, TX 77004

Cost: Single copy free.

College reading level/English

Abstract: The variations in children's eating and growing patterns are stressed; proper diet, adequate sleep, and exercise are encouraged. The Basic 4 food groups, their nutrients and functions, and the number of recommended daily servings are explained. Tips for each food group suggest ways to make nutritious foods more appealing, and how to include them in the diet. Ideas for feeding a sick child also are offered. Foods to avoid are listed.

Descriptors: Child nutrition; Basic Four; Food habits; Meal planning

Appraisal: The presentation is attractive and many good points are made, but the text is lengthy and most of it is in small print. Recommends low-fat milk for all family members over 1 year old.

206 **The Carried Lunch.** Baltimore, Maryland State Dept. of Health and Mental Hygiene, 1976.

Format: 15 page booklet

Source: Maryland Dept. of Health and Mental Hygiene, Preventive Medicine Administration, 201 West Preston Street, Baltimore, MD 21201

Cost: Free within Maryland; single copy free outside of Maryland.

8th grade reading level/English

Abstract: Selection and preparation of food for children's boxed lunches are discussed. A chart suggests foods and food amounts (in 4 food groups) to be included in every day's lunch. Special comments are given. Instructions for preparing food (wash fruits), making sandwiches, wrapping food, keeping food at the correct temperature (chill or heat thermos before adding food), and actual packing of the lunch box are included. Ways that a day care center may prepare the child's eating place and safely store the child's lunch are mentioned briefly. Food surprises are suggested. A packed lunch checklist is provided for the lunch preparer.

Descriptors: Children; Brown bagger; Lunch; Basic Four; Food storage

Appraisal: Much helpful information is provided. Raggedy Ann illustrations are decorative and help to break up the lengthy text and numerous lists.

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207 **Feeding Young Children 1-5 Years.** Martinez, CA, Contra Costa County Health Services, 1981.

Format: 1 sheet, folded

Source: Contra Costa County Health Services, WIC Program, 1111 Ward Street, Martinez, CA 94553

Cost: Single copy free; permission to copy if credit given to source. Send self addressed, stamped 10-1/2" X 7-1/2" envelope.

6th grade reading level/English and Spanish

Abstract: A food guide and sample menu, divided into 3 age groups, show foods and number and sizes of servings. Snack suggestions also are included. Brief hints for making mealtime happy, the importance of exercise, why appetites vary, and identification of various food behaviors are discussed.

Descriptors: Food habits; Child nutrition; Food guides

Appraisal: A delightful guide. The format, with information clearly presented in boxes, is especially useful. Pertinent points are made and the illustrations are cheerful.

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208 **Feeding Your Child (1-6).** Oklahoma City, OK, Maternal and Child Health Service, Oklahoma State Dept. of Health, not dated.

Format: 10 page booklet

Source: Oklahoma State Dept. of Health, 1000 Northeast 10th, P.O. Box 53551, Oklahoma City, OK 73152

Cost: Single copy free; send self addressed, legal size envelope.

6th grade reading level/English

Abstract: Foods, the nutrients they contain, and their functions are outlined for parents. How to help a child develop good eating habits and make mealtime a pleasant experience are described. A food guide lists numbers and sizes of servings in 4 food groups for 2 age levels: 1-3 years and 4-6 years. WIC foods are identified.

Descriptors: Children; Nutrient requirements; Food guides; Meal planning

Appraisal: Many positive and helpful suggestions are given to encourage the development of good eating behavior. Humorous drawings of children support the well-spaced text.

209 **Feeding Your Child "My Fussy Eater."** Bismarck, ND, North Dakota State Dept. of Health, not dated.

Format: 1 sheet, folded

Source: North Dakota State Dept. of Health, Division of Maternal & Child Health, State Capitol Building, Bismarck, ND 58505

Cost: Free within North Dakota; distribution outside of North Dakota limited to state programs.

4th grade reading level/English

Abstract: Hints are given to help make baby's mealtime a pleasant experience, and to help baby develop good food habits. Baby's decreasing appetite, making food fun, using small utensils, offering 1 new food at a time, avoiding the use of food as a reward, and not giving snacks close to meals are mentioned. Simple drawings illustrate the text.

Descriptors: Children; Food habits; Meal planning

Appraisal: This simple presentation is supported with appropriate illustrations and focuses on the child.

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210 **Food for Children 1-6,** (JCDH-NUTR.05-8/80). Birmingham, AL, Bureau of Nutrition, Jefferson County Dept. of Health, 1980.

Format: 1 sheet, multifolded

Source: Bureau of Nutrition, Jefferson County Dept. of Health, 1400 Sixth Avenue South, Birmingham, AL 35233

Cost: Single copy 10¢.

3rd grade reading level/English

Abstract: A daily food guide lists foods from the Basic 4 food groups, with their nutrients, recommended number of servings, and serving sizes. Iron-, vitamin A- and C-rich foods, and nutritious snacks are given separately. A sample meal plan including 3 snacks is provided. Feeding and food preparation hints are presented along with tips for helping the child develop good eating habits, things to do if the child is overweight, and a reminder to brush teeth after each meal.

Descriptors: Children; Food guides; Food intake; Food groups; Nutrient sources; Meal planning

Appraisal: The entire presentation is beautiful, including a humorous multi-ethnic illustration of children on the front, and pertinent feeding suggestions on the back. The food guide is unique in listing potatoes and simple desserts with breads and cereals. An error in the milk group shows 2 Tb cottage cheese—1/2 cup milk; otherwise, the food guide is excellent.

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211 **Food Tips For Your Little Ones.** Harrisburg, PA, Pennsylvania Dept. of Health, 1979.

Format: 1 sheet, multifolded

Source: Pennsylvania Dept. of Health, P.O. Box 90, Room 932, Health and Welfare Building, Harrisburg, PA 17108

Cost: Single copy free. For permission to reproduce, contact Billye June Eichelberger, Chief Public Health Nutritionist. Out of state requests, send self addressed stamped envelope.

8th grade reading level/English

Abstract: Foods from the Basic 4 food groups are given with appropriate numbers of servings and serving sizes for children 2-6 years old. Feeding tips discuss typical eating habits of preschoolers, mealtime atmosphere, introduction of new foods, and ways to help children develop good food habits. A meal plan and suggestions for snacks are included.

Descriptors: Preschool children (2-5 years); Food guides; Basic Four; Snacks

Appraisal: Positive suggestions focus on children's needs. The food guide is brief and requires expansion as to specific foods in each group. Lengthy, but well-spaced text is in small print.

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212 **Foods For Young Children.** Denver, Colorado Dept. of Health, 1979.

Format: 1 sheet, folded, with insert

Source: Colorado State Health Dept., 4210 East 11th Avenue, Denver, CO 80220

Cost: Single copy free.

8th grade reading level/English and Spanish

Abstract: A daily food guide lists foods, numbers of servings and serving sizes recommended for children 1-5 years. A sample meal pattern and description of a good snack are included. Hints to help children develop good eating habits, and types of foods children like are given in a 1-page insert.

Descriptors: Children; Food guides; Food groups; Meal planning; Food habits

Appraisal: The food guide, sample menu plan and suggestions are excellent and clearly presented. However, the sunny color scheme with orange print on white paper results in diminished visibility. The insert is in small print.

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213 **The Four & Five Year Old.** Houston, TX, City of Houston Health Dept., 1980.

Format: 1 sheet, two-sided

Source: WIC Project #26, City of Houston Health Dept., 3315 Delano, Houston, TX 77004

Cost: Single copy free.

6th grade reading level/English

Abstract: A meal plan including snacks, recommended daily servings and serving sizes, and lists of new foods appropriate for preschoolers, are provided for parents. Brief feeding ideas are given; a note to check on food served in a child care center is included.

Descriptors: Preschool children (2-5 years); Food habits; Meal planning

Appraisal: The information is appropriate with the exception of the recommendations concerning serving sizes and amounts.

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214 **Help Your Child Grow.** St. Paul, MN, St. Paul-Ramsey County Nutrition Program, 1980.

Format: 1 sheet, folded

Source: St. Paul-Ramsey County Nutrition Program, 555 Cedar Street, St. Paul, MN 55101

Cost: 6¢ each plus $2.00 handling charge per order.

4th grade reading level/English, Laotian, Vietnamese and Cambodian

Abstract: An illustrated food guide divided into 3 groups (staple foods, body building foods, and protective foods) is also used to illustrate a sample menu plan and nutritious snacks. Offering a variety of foods and selecting nutritious snacks are tips briefly mentioned.

Descriptors: Children; Food guides; Southeast Asians

Appraisal: A beautiful and simple presentation appropriate for Southeast Asian clients. Attractive line drawings adequately illustrate the brief text.

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215 **Mealtime For Small Fry.** Columbus, OH, Ohio Dept. of Health, 1973.

Format: 7 page booklet

Source: Nutrition Division, Ohio Dept of Health, P.O. Box 118, Columbus, OH 43216

Cost: Single copy free; permission to reprint with credit to source.

7th grade reading level/English (inquire about Cambodian, Laotian, and Vietnamese versions).

Abstract: Several ideas are offered to make mealtime with toddlers more pleasant and to encourage the development of good eating patterns. Plain foods from the Basic Four food groups are listed; use of a variety of color is suggested. Introduction of new foods, snacks, finger foods, and descriptions of portion sizes and appropriate utensils are discussed briefly. Two sample menus are offered: one for the family with an adaptation for the preschooler.

Descriptors: Preschool children (2-5 years); Food habits; Attitudes

Appraisal: Provides many good suggestions made in a warm, positive manner. A food guide would be a nice accompaniment.

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216 **Mealtime For Tots.** Wichita, KS, Wichita-Sedgwick County WIC Program, 1980.

Format: 6 page booklet

Source: Wichita-Sedgwick County WIC Program, 1719 East First, Wichita, KS 67214

Cost: Single copy free. Send self addressed stamped envelope.

4th grade reading level/English

Abstract: The importance of developing good food habits while young, and ways to help your child develop these habits are examined. Tips for making mealtime a pleasant experience and thus avoiding food behavior problems are given. A daily food guide shows number and sizes of servings for 1-2 and 3-5 year olds. Some WIC foods and the nutrients they provide are identified. Snack suggestions and iron-rich foods are listed.

Descriptors: Children; Food habits; Food guides; Food intake; Iron; Nutrient sources

Appraisal: A thorough presentation of important information. Text is lengthy but it has a few cute illustrations.

---

217 **The One Year Old.** Houston, City of Houston Health Dept., 1980.

Format: 1 sheet, two-sided

Source: WIC Project #26, City of Houston Health Dept., 3315 Delano, Houston, TX 77004

Cost: Single copy free.

3rd grade reading level/English

Abstract: A meal plan with snacks, serving sizes, and lists of finger foods is provided for parents. The development of self-feeding skills is mentioned.

Descriptors: Infants (To 2 years); Food habits; Meal planning

Appraisal: The recommended numbers and sizes of foods are unusual and may not be entirely appropriate. These recommendations do not agree with the suggested meal plan.

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218 **Pack-A-Sack (Lunch).** Olympia, WA, Dept. of Social & Health Services, 1978.

Format: 4 page pamphlet

Source: Dept. of Social & Health Services, Health Service Division, Licensing and Development Section, Olympia, WA 98504

Cost: Free.

7th grade reading level/English

Abstract: Ways to introduce new foods to children are provided for child caretakers. Recommended amounts of the Basic 4 food groups are mentioned briefly. Ingredients and instructions for making a sandwich are given; finger foods, desserts, and foods to avoid are listed. Several recipes are included along with a reminder to be creative when preparing a child's lunch.

Descriptors: Children; Brown bagger; Lunch; Recipes

Appraisal: The presentation, the suggestions and the recipes are creative and appealing. More emphasis on food safety is needed.

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219 **Sensible Eating During Childhood: Ages 1 To 6.** Minneapolis, MN, General Mills, Inc., not dated.

Format: 1 sheet, multifolded

Source: General Mills, Inc., Big "C" Division, Minneapolis, MN 55440

Cost: Free.

4th grade reading level/English

Abstract: Ways to help children develop healthy eating habits, and maintain teeth (brushing habits) are described. A food guide lists foods in the Basic 4 food groups and their nutrients; a sample meal plan recommends numbers and sizes of servings for 1-2, 3-4 and 5-6 year olds. Snack suggestions are included.

Descriptors: Children; Food groups; Food guides; Meal planning; Dental health

Appraisal: An attractive presentation with multi-ethnic illustrations and lengthy, but well-spaced text. Some of the print is very small.

220 **Step Up To Good Nutrition: A Guide To Good Eating For Your Child 1-2 Years.** Austin, TX, Texas Dept. of Health, not dated.

Format: 1 sheet, folded

Source: Texas Dept. of Health, 110 West 49th Street, Austin, TX 78756

Cost: Free within Texas; single copy free outside of Texas. May be reprinted with credit given to source.

5th grade reading level/English

Abstract: A daily food guide recommends foods from the Basic 4 food groups, serving sizes and number of servings for child caretakers. A sample meal plan includes 2 snacks. Iron-rich foods are listed. Hints to help children develop healthy eating habits, and to help parents feed their children nutritious foods successfully are given.

Descriptors: Children; Basic Four; Food guides; Iron

Appraisal: The format is well-organized and helpful. Many good feeding tips and sources of iron-rich foods are given, but there is no mention of consuming vitamin C with iron. The food sources of vitamins A and C could be expanded.

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221 **The Two & Three Year Old.** Houston, City of Houston Health Dept., 1980.

Format: 1 sheet, two-sided

Source: WIC Project #26, City of Houston Health Dept., 3315 Delano, Houston, TX 77004

Cost: Single copy free.

6th grade reading level/English

Abstract: A meal plan with snacks and serving sizes is provided for parents along with ideas on feeding skills and suggestions for making mealtime pleasant. Dental care and snack suggestions are discussed briefly.

Descriptors: Preschool children (2-5 years); Meal planning; Dental health; Snack foods

Appraisal: This is useful for the feeding suggestions and the meal plan. The recommendations concerning number and sizes of servings of various foods should be adjusted.

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222 **WIC Coloring Book.** Albany, NY, New York State Dept. of Health, 1980.

Format: 6 page booklet

Source: New York State Dept. of Health, Bureau of Nutrition, WIC, Empire State Plaza, Tower Building, Room 840, Albany, NY 12237

Cost: Single copy free from source; for bulk order prices, contact Health Education Service, Inc., Box 7126, Albany NY 12224.

3rd grade reading level/English

Abstract: Nutrients in foods provided by the WIC program, and their functions, are described for children. Simple statements accompany each drawing to be colored. (Food drawings correspond to those in other New York State materials.)

Descriptors: Nutrient sources; Nutrient functions

Appraisal: This is an attractive book with appropriate information for children. However, the drawings have too much detail for preschool drawing skills, and the text could not be read by most children at this age.

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223 **WIC Coloring Book.** Irving, NY, Seneca Nation of Indians WIC Program, 1981.

Format: 4 page booklet

Source: Seneca Nation of Indians, Cattaraugus Indian Reservation Medical Clinic, 1510 Route 438, Irving, NY 14081

Cost: 50¢ each.

3rd grade reading level/English

Abstract: Simple drawings for coloring feature Native Americans. The text describes the nutrient content of fruits, WIC cereals, beans and peanuts and their functions.

Descriptors: Nutrient sources; Nutrient functions; American Indians; Illustrations

Appraisal: Preschoolers may enjoy the simple drawings although they probably would not be able to read the brief text.

224 **What To Feed My Child.** Sacramento, CA, California Dept. of Health Services, not dated.

Format: 1 sheet, multifolded

Source: WIC Supplemental Food Section, California Dept. of Health Services, 714 P Street, Sacramento, CA 95814

Cost: Single copy free.
Camera-ready copy available.

5th grade reading level/English, Spanish, and Vietnamese

Abstract: A food guide chart lists a few representative foods from 6 food groups, the recommended number of servings and serving sizes for the 1-year old, 2-3-year old, and 4-5-year old. Space is provided to record a child's intake from each group for comparison. A sample menu for the same age groups translates the nutrition information into 3 meals and 2 snacks. Additional text describes the transition from bottle to cup, the importance of exercise, the distinction between normal and abnormal food habits, and growth and appetite expectation.

Descriptors: Infants (To 2 years); Preschool children (2-5 years); Food guides; Child nutrition; Food habits; Exercise (Physiology); Appetite

Appraisal: An attractive, well organized resource; multiracial illustrations are especially appealing.

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225 **What To Feed My Child From One To Five Years.** New Haven, CT, Hill Health Center, 1978.

Format: 1 sheet, multifolded

Source: Advocate Press, 441 Chapel Street, New Haven, CT 06511

Cost: Contact source; price varies with quantity.

6th grade reading level/English and Spanish

Abstract: Foods and the number and size of servings from each of the Basic 4 food groups are recommended in a food guide. Parents are advised on how to make mealtime a pleasant experience and how to help children develop good food habits. A sample meal pattern is provided.

Descriptors: Food guides; Food groups; Meal planning

Appraisal: Format is attractive and well organized. Information is accurate and helpful.

AUDIOVISUALS

226 **Helping Your Baby Grow From One To Three Years.** by Lois Bakawa Evenson, Nancy Godzuk, and Jane Voichick. Madison, WI, University of Wisconsin, 1975.

Format: 33 slides with script

Source: University of Wisconsin, Bureau of Audiovisual Instruction, P.O. Box 2093, Madison, WI 53701

Cost: $21.00.

English

Abstract: This program explores eating habits and needs of children aged 1-3 years. The Basic 4, serving suggestions and family mealtimes are discussed. In addition to photographs of the cartoon slides, large reproductions of the slides are included.

Descriptors: Instructional media; Parent education; Child nutrition; Basic Four; Food habits; Infants (To 2 years); Preschool children (2-5 years)

Appraisal: Slides reflect only a Caucasian audience. Script and slides would need to be adapted for specific needs. May be useful for explaining infant development as it relates to child feeding practices.

THERAPEUTIC ASPECTS

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227 **Children Need Iron.** Jefferson City, MO, Missouri Division of Health, 1980.

Format: 1 sheet, multifolded

Source: Missouri Division of Health/WIC Program, P.O. Box 570, 402 Dix Road, Jefferson City, MO 65102

Cost: Free. Limit 100 copies within Missouri; 10 copies outside of Missouri. Do not send envelope or stamps.

8th grade reading level/English

Abstract: Five brief statements tell why iron is needed. A food guide describes the Basic 4 food groups, the number and portion sizes of recommended servings each day and a few iron-rich foods from the meat, cereals, and vegetable and fruit groups. Sources of vitamin C and its function in iron nutriture also are given. Meal and snack suggestions offered incorporate iron-rich foods.

Descriptors: Iron nutriture; Child nutrition; Nutrient sources; Food guides

Appraisal: Overall, the information is accurate and suggestions are helpful; additional specific food sources of iron and vitamin C are needed. Format is attractive.

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228 **Helping Your Child Gain Weight** and **Helping Your Child Lose Weight.** Dallas, TX, Southwestern Medical School, 1979.

Format: 1 sheet, folded

Source: Nutrition Service, Children and Youth Project, Dept. of Pediatrics, Southwestern Medical School, 800 Stemmons Tower North, Dallas, TX 75207

Cost: Single copy free. Send self addressed stamped envelope.

7th grade reading level/English and Spanish

Abstract: In the Gain Weight pamphlet, suggestions for increasing a child's caloric intake are offered. Examples of starches, protein foods and fats and their functions in growth and health are given. Several combinations of these foods, which can be used at mealtime, and fruit and vegetable snack suggestions also are listed. In the Lose Weight pamphlet, reasons why children may eat too much are described. Seven vigorous exercises are listed as alternatives to inactivity. Food preparation and seasoning suggestions to minimize the caloric content of foods are given. Short lists of foods and snacks to include, and to avoid, and suggestions for helping the child learn to eat less are given.

Descriptors: Underweight; Weight gain; Obesity; Food habits; Child nutrition

Appraisal: Overall guidelines may be helpful; suggestions for losing weight are stronger than those for gaining weight. Lengthy text is in small print.

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229 **Helping Your Overweight Child.** Austin, TX, Health Images,(TM). 1978.

Format: 1 sheet, folded

Source: Health Images (TM) P.O. Box 18901, Austin, TX 78760

Cost: 10¢ per copy; minimum $2.00 order plus postage & handling. Send self-addressed stamped envelope for sample copy.

4th grade reading level/English

Abstract: Eight brief tips are given for preventing a child from becoming overweight. A simplified food guide lists the Basic 4 food groups, the number of recommended servings for children and appropriate serving sizes. "Thin" foods which can be used anytime and "fat" foods which may be used only once a week are listed. Nutritious, low calorie snack suggestions are also given.

Descriptors: Obesity; Child nutrition; Low calorie foods

Appraisal: Clean, attractive format clearly presents ideas appropriate to prevention as well as treatment. However, several snack suggestions are high in fat and calories (peanuts, egg, cheese).

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230 **Is Your Child Underweight?** Denver, Colorado Dept. of Health, 1979.

Format: 1 sheet, folded

Source: Colorado Dept. of Health, Colorado Migrant Council, 4210 East 11th Avenue, Denver, CO 80220

Cost: Single copy free.

5th grade reading level/Bilingual (English and Spanish)

Abstract: A food guide describes number of servings and serving sizes of foods needed from the Basic 4 food groups. Ideas for encouraging an underweight child to consume nutritious foods include: using the Basic 4 food groups, following the suggestions given for making mealtimes more enjoyable, and preparing foods in fun ways.

Descriptors: Children; Food guides; Basic Four; High-caloric diets

Appraisal: Helpful suggestions given in an attractive format with humorous illustrations. Print is small.

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231 **Is Your Child Underweight?** Jefferson City, MO, Missouri Division of Health, 1981.

Format: 1 sheet, folded

Source: Missouri Division of Health, P.O. Box 570, 402 Dix Road, Jefferson City, MO 65102

Cost: Free. Limit 100 copies within Missouri; 10 copies outside of Missouri. Do not send envelope or stamps.

5th grade reading level/English

Abstract: A food guide describes number of servings and serving sizes of foods needed from the Basic 4 food groups. Ideas for encouraging an underweight child to consume nutritious foods include: using the Basic 4 food groups, following the suggestions given for making mealtimes more enjoyable, and preparing foods in fun ways.

Descriptors: Children; Food guides; Basic Four; High-caloric diets

Appraisal: Helpful suggestions given in an attractive format with humorous illustrations. Print is small. (Note: This is an English only adaptation of the Colorado publication listed above.)

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232 **Nutrition And Feeding Techniques For Handicapped Children Series/ Helping Your Child: Form Good Eating Habits; To Gain Weight; To Lose Weight.** Columbus, OH, Ohio Dept. of Health, 1974.

Format: set of 3; each 1 sheet, folded

Source: Ohio Dept. of Health, Nutrition Division, 246 North High Street, P.O. Box 118, Columbus, OH 43216

Cost: Single copy free.

9th grade reading level/English

Abstract: In the Eating Habits pamphlet, important factors in the development of eating habits are discussed. Specific suggestions are offered for making mealtime a successful, happy experience by providing the appropriate atmosphere, foods, utensils and support for the child. In the Gain Weight pamphlet, 5 suggestions are given to increase the protein and caloric intake for an underweight child. The need for snacks to meet energy needs is explained, and several nutritious snack suggestions are offered. In the Overweight pamphlet, some possible causes and effects of overweight are described. Suggestions are given for decreasing caloric intake through selection and simple preparation methods of low calorie foods. Snack and sandwich ideas, a list of low calorie (0-25) foods and a raw vegetable dip recipe are provided.

Descriptors: Food habits; Food attitudes; Eating problems; Underweight; Weight gain; Snacks; Obesity; Low calorie foods

Appraisal: Discussion includes many important points and emphasizes individual needs, but it is lengthy and the ordinary reader may be lost. Print is small. Suggestions for losing weight are stronger than those for gaining weight.

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233 **Nutrition And Feeding Techniques For Handicapped Children Series/ Helping Your Child: With The Correct Eating Position; Learn To Suck; Learn Self-Drinking; Learn To Chew; Learn To Finger Feed; Learn To Eat Solid Foods; Learn To use Tools For Eating; Learn Spoon Self Feeding.** Columbus, OH, Ohio Dept. of Health, 1974.

Format: set of 8; each 1 sheet, folded

Source: Ohio Dept. of Health, Nutrition Division, 246 North High Street, P.O. Box 118, Columbus, OH 43216

Cost: Single copy free.

6th grade reading level/English

Abstract: A set of pamphlets offers specific suggestions for helping a handicapped child acquire specific skills and gives the parent guidelines for successfully teaching these skills. Giving emotional and physical support to the child, establishing a conducive environmental setting, providing appropriate utensils and equipment, and using specific foods are some of the suggestions offered. Signs of readiness and activities to improve coordination for particular skills are presented. Space is provided for individual recommendations.

Descriptors: Handicapped children; Eating problems; Parent education; Child nutrition; Food habits

Appraisal: This unique series has many positive ideas supportive of child and caretaker. Suggestions are clear and very helpful, but text is lengthy and format is not very attractive. Print is small.

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234 **Nutrition Checkups For Children.** Rockville, MD, US Dept. of Health and Human Services, 1981.

Format: 8 page booklet, 14 page manual, and poster

Source: National Clearinghouse for Human Genetic Diseases, P.O. Box 28612, Washington, DC 20005

Cost: Up to 25 free copies per order. Specify formats.

Varied texts/English (manual and poster); English and Spanish (booklet)

Abstract: The poster shows drawings of children of different ethnic backgrounds being weighed and measured, and having their teeth checked and their blood tested. The health care provider's manual for screening and follow-up gives step-by-step instructions for performing screening procedures, improving the accuracy of the nutritional screening and interpreting results. The parent's booklet stresses the importance of regular clinic checkups to detect overweight, underweight, anemia, and tooth decay. Brief descriptions of the procedures are given with an emphasis on the parent's role in cooperating with the staff, comforting and reassuring the child and communicating concerns about the child's health. Space is provided to record results of the examinations and feeding tips.

Descriptors: Infants (To 2 years); Preschool children (2-5 years); School children (6-11 years); Health care; Medical examinations; Dental evaluation

Appraisal: Pamphlet and poster successfully emphasize the importance of checkups to parents. Detailed procedures for nutritional screening, contained in the manual, are essential for health care providers.

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235 **Prevent Obesity.** Ventura, CA, Ventura County Health Care Agency, 1978.

Format: 1 sheet, folded

Source: Ventura County Health Care Agency, 3147 Loma Vista Road, Ventura, CA 93009

Cost: Single copy free. Send self addressed stamped envelope.

7th grade reading level/English and Spanish

Abstract: Obesity and its development are explained and the attendant health problems identified. The emphasis is on good dietary habits (small meals, nutritious snacks) and exercise to prevent obesity. A food guide lists the suggested number of servings from the Basic 4 food groups and vitamin A- and C-rich fruits and vegetables. Serving sizes of selected foods for children aged 1 to 5 years and 6 to 10 years are given. Infant feeding guidelines stress the importance of using iron-fortified formula for the first 12 months.

Descriptors: Obesity; Preventive nutrition; Food habits; Food guides

Appraisal: The concepts of balancing food intake and exercise and of developing good food habits are clearly presented; few specific ideas are given. Illustrations are cute, but the brown print on red paper diminishes readability.

236 **Tracking Down Hidden Food Allergy.** by William Crook, Jackson, TN, Professional Books, 1980.

Format: 96 page book

Source: Professional Books, P.O. Box 3494, Jackson, TN 38301

Cost: $7.00.

8th grade reading level/English

Abstract: A book written for adults and children defines allergies, describes the symptoms and signs of hidden food allergy, and describes how an elimination diet may aid in identifying allergens. Two elimination diets are explained in detail, listing foods allowed, foods to avoid, menu suggestions for 3 meals and snacks, and shopping tips. Sources of special food products which may be needed also are listed. Instructions are provided for keeping a diary to check the effectiveness of the diet. Tips on helping children stay on a special diet, and recipes appropriate for 1 of the elimination diets are given. An explanation is given of chemical sources of irritation which may cause continuation of symptoms even though the special diet is being followed.

Descriptors: Allergies; Allergy diets; Food sources; Recipes

Appraisal: This thorough presentation on food allergy contains a variety of helpful information which can be used in sections as needed. Illustrations are used in various ways to support clear, accurate and complete text.

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237 **You Can Help Your Overweight Child.** Denver, Colorado Dept. of Health, 1979.

Format: 1 sheet, folded

Source: Colorado Dept. of Health, Colorado Migrant Council, 420 East 11th Avenue, Denver, CO 80220

Cost: Single copy free.

7th grade reading level/Bilingual (English and Spanish)

Abstract: The effects that overweight may have in childhood and in later life are discussed briefly. Rate of weight gain can be decreased by encouraging exercise and changing eating habits using the suggestions listed. Also included are several ideas for low-calorie nutritious snacks.

Descriptors: Obesity; Child nutrition; Food habits; Snacks

Appraisal: Positive approach to improving food behavior gives many helpful suggestions including interaction between parent and child.

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238 **You Can Help Your Overweight Child.** Jefferson City, MO, Missouri Division of Health, 1981.

Format: 1 sheet, folded

Source: Missouri Division of Health, P.O. Box 570, 402 Dix Road, Jefferson City, MO 65102

Cost: Free. Limit 100 copies within Missouri; 10 copies outside of Missouri. Do not send envelope or stamps.

7th grade reading level/English

Abstract: The effects that overweight may have on the child now and later as an adult are briefly discussed. Rate of weight gain can be decreased by encouraging exercise and changing eating habits using the suggestions listed. Also included are several ideas for low-calorie nutritious snacks.

Descriptors: Obesity; Child nutrition; Food habits; Snacks

Appraisal: Positive approach to improving food behavior gives many helpful suggestions including interaction between parent and child. (Note: This is an English only adaptation of the bilingual Colorado publication listed above.)

AUDIOVISUALS

239 **Special Nutrition Needs.** Atlanta, Kuona, Ltd., and Georgia State University, 1980.

Format: 6-part series of slide sets

Source: Georgia State University, Dept. of Community Health & Nutrition, Box 670, University Plaza, Atlanta, GA 30303

Cost: $145.00; includes fact sheets.

English

Abstract: A core program on feeding children in an institutional setting gives general information which is supplemented by individual units on specific problems. These units cover: obesity, food allergies, diabetes, teenage pregnancy, and developmental difficulties. Each problem is discussed in terms of diagnosis or assessment, methods for coping, and the need for professional guidance.

Descriptors: Instructional media; Parent education; Handicapped children; Allergies; Obesity; Nutritional labeling

Appraisal: The sections on obesity, developmental difficulties, and food allergies would be useful in educating parents of WIC children with these problems.

SNACKS FOR PRESCHOOL CHILDREN

240 **Good Snacks Help Protect Teeth.** Columbus, OH, Ohio Dept. of Health, 1978.

Format: 1 sheet, folded

Source: Ohio Dept. of Health, P.O. Box 118, 246 North High Street, Columbus, OH 43216

Cost: Single copy free. Permission to reprint with credit given to source. Send self addressed stamped envelope. Camera-ready copy available.

2nd grade reading level/English

Abstract: Lists of snack foods are divided into 4 categories: Good and Juicy; Something Crunchy; Thirsty; and Really Hungry. Illustrations of children are used. The recommended snack foods are not harmful to children's teeth. Specific party snacks, e.g., cheese cubes, popcorn and unsweetened fruit juices, also are mentioned. Children are urged to brush their teeth after snacks.

Descriptors: Children; Snack foods; Dental health

Appraisal: The presentation is appealing, and the snack suggestions are appropriate. The orange, black and white format is lively. There is no mention of why or when children should have snacks.

241 **Let's Plan Snacks For Tots.** Columbus, OH, Ohio Dept. of Health, 1978.

Format: 1 sheet, folded

Source: Ohio Dept. of Health, P.O. Box 118, 246 North High Street, Columbus, OH 43216

Cost: Single copy free. Permission to reproduce with credit given to source. Camera-ready copy available.

4th grade reading level/English

Abstract: Drawings of foods accompany lists of nutritious snacks. The reasons snacks are important, examples of snacks, and times when snacks should be served are mentioned briefly. Other tips include keeping snacks small and avoiding sugared snacks. Numbers of servings from each of the Basic 4 food groups also are suggested.

Descriptors: Children; Snack foods; Basic Four; Food habits

Appraisal: Well organized and attractive presentation with important points clearly made. Print size varies with headings in very large print, but information is in very small print.

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242 **Snack Facts,** NIH Publication No. 81-1680. Bethesda, MD, National Institute of Dental Research, 1981.

Format: 1 sheet, multifolded

Source: National Institute of Health, National Institute of Dental Research, Building 312C34, Bethesda, MD, 20205

Cost: Single copy free.

9th grade reading level/English

Abstract: The effects of eating sugary snacks on teeth are explained in this slick, multicolored flyer for children. Topics include: how do sugars damage teeth and how to guard against tooth decay. Fanciful drawings of foods illustrate the lists of suggested snack foods from the Basic 4 food groups.

Descriptors: Children; Snack foods; Basic Four; Dental health

Appraisal: Beautiful presentation of the relationship of snacking to tooth decay. Important points are made in bold print, expanded with lengthy text. Opens up to a list of suggested snacks; a handy reminder to post in the kitchen.

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243 **Snacking Tips For Children.** Gainesville, FL, North Central Florida WIC program, not dated.

Format: 6 page booklet

Source: NCF-MIC-WIC, 730 Northeast Waldo Road, Gainesville, FL 32601

Cost: Contact source; price varies.

4th grade reading level/English

Abstract: Snacking tips for young children include: why children need snacks; when to give snacks; and what are good snacking foods. Drawings illustrate nutritious snacks and the text lists foods to buy when shopping, e.g., small cans of juice (not juice drinks), yogurt bars, ice cream cups, and peanut butter crackers. Mothers are urged to see a nutritionist if they want more information.

Descriptors: Children; Snack foods; Low calorie foods; Food selection

Appraisal: Complete and accurate information with especially helpful suggestions for buying snacks away from home. Attractive and well-organized presentation; the small print and lengthy text are nicely spaced with illustrations.

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244 **Snacks.** Lansing, MI, Michigan Dept. of Public Health, 1978.

Format: 1 sheet

Source: Michigan Dept. of Public Health, WIC Program, 3500 North Logan, P.O. Box 30035, Lansing, MI 48909

Cost: Single copy free.

Minimal text/Bilingual (English and Spanish)

Abstract: Snack foods for toddlers and preschoolers are rated through their placement in 1 of 3 categories: good ones; foods that cause tooth decay; or foods that promote too much weight gain.

Descriptors: Children; Snack foods

Appraisal: Lists of snacks are clear and appropriate. No information is given as to why and when children should have snacks.

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245 **We Need Good Snacks!** Atlanta, GA, Georgia Dept. of Human Resources, not dated.

Format: 1 sheet, folded

Source: Georgia Dept. of Human Resources, Office of Nutrition, Room 354-S, 47 Trinity Avenue SW, Atlanta, GA 30334

Cost: Single copy free to agencies. Permission to reprint with credit given to source.

5th grade reading level/English

Abstract: Photographs of both black and white children eating nutritious snacks are accompanied by short statements on children's snacking needs. Health reasons for providing rapidly growing children with snacks during the day (not close to mealtime) are included. Fruits, cheese and milk are suggested snack foods. Mothers are urged to consult their WIC nutritionist for more information.

Descriptors: Snacks; Snack foods; Children

Appraisal: Words from the mouths of children make a unique presentation of excellent guidelines for providing snacks for children. Why, what, when and how are all clearly explained. The photos are cheerful and appealing.

AUDIOVISUALS

246 **The Snacking Mouse.** Malibu, CA, Polished Apple, 1977.

Format: 5 minute motion picture or slide set with cassette

Source: Polished Apple, 3742 Seahorn Drive, Malibu, CA 90265

Cost: $33.75 (m.p.); $50.75 (slide set, including carousel).

English

Abstract: The tale of a mouse who couldn't stop snacking is told with humor and suspense as a way of discouraging young children from excessive snacking. The story shows what happens when you just snack on sweets and high-fat foods, and it advocates the use of nutritious foods as snacks.

Descriptors: Instructional media; Snacks; Children; Child nutrition; Food habits; Age groups

Appraisal: A humorous approach; a familiar cartoon figure conveys a message that captures the attention of both children and adults. A good tool for teaching young children or their parents.

ALL PROGRAM PARTICIPANT AUDIENCES

OVERVIEW AND GENERAL NUTRITION INFORMATION

247 **And Don't Forget...(Nutrient Food Source Series).** New Orleans, LA, Nutritionist Services, not dated.

Format: Set of 3, each 1 sheet

Source: Nutritionist Services, P.O. Box 60630, New Orleans, LA 70160

Cost: 3¢ per copy.

Minimal text/English

Abstract: Black and white drawings illustrate selected food sources of each nutrient: vitamin A, iron and vitamin C.

Descriptors: Nutrient sources; Vitamin A; Iron; Ascorbic acid

Appraisal: Visual presentation of a variety of food sources for each nutrient. Useful for groups with minimal reading skills. Chicken as a source of vitamin A may need clarification.

248 **Breadbasket.** Atlanta, Georgia Dept. of Human Resources, not dated.

Format: Newsletter

Source: Georgia Dept. of Human Resources, Office of Nutrition, Room 354-S, 47 Trinity Avenue SW, Atlanta, GA 30334

Cost: Sample copy free; write source for cost.

6th grade reading level/English

Abstract: Newspaper format describes the need for calcium at all ages and lists calcium equivalents for cheeses, sardines, collards and ice cream. A word puzzle challenges the reader to find names of high calcium foods. A recipe for bran snack squares incorporates nonfat dry milk and a WIC cereal. Other features include: a profile of the extension home economist; a nutrition question/answer section addressing the value of dark green and yellow vegetables and the dangers of low carbohydrate, high fat diets; and cartoons and a horoscope with varied nutrition and food information.

Descriptors: Nutrient requirements; Calcium; Vegetables; Adult nutrition education; Recipes

Appraisal: This is a beautiful, professionally designed publication providing a variety of accurate, important information which should appeal to the audience.

249 **Circle Food Activity Sheets Series.** by Nancy Link. Yuba City, CA, Sutter-Yuba Health Dept., not dated.

Format: Set of 13, each 1 sheet

Source: Sutter-Yuba Health Dept., WIC Program, P.O. Box 1510, Yuba City, CA 95992

Cost: Single copy free. Send self addressed stamped legal size envelope with 37¢ postage.

4th grade reading level/Bilingual (English and Spanish)

Abstract: A series of activity sheets can be used with clients to teach: selection of foods for nutrient value; better overall diet; improved infant and child feeding practices; identification of foods in food groups; and use of WIC vouchers and foods that can be purchased with them. English and Spanish text are given together on some pages; others have separate versions.

Descriptors: Nutrient sources; Food groups; WIC program

Appraisal: Variety and simplicity make these useful pages, helpful in teaching English and Spanish speaking clients. Print size varies, but is usually large; the print is faint in places.

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250 **Cultural Teaching Kit No. 2.** Sacramento, CA, California Dept. of Health Services, 1981.

Format: Kit

Source: WIC Supplemental Food Section, California Dept. of Health Services, 714 P Street, Sacramento, CA 95814

Cost: Contact source.

Varied texts/English

Abstract: Selected nutrition education pamphlets are translated into Cambodian, Laotian, and Vietnamese. Topics include a pregnancy food guide, relief of common problems of pregnancy, breastfeeding promotion, formula preparation, homemade baby food, and an infant and preschool feeding guide. Nutrient booklets for protein, calcium, iron, vitamin C and vitamin A also are translated. The WIC foods pamphlets describe foods provided through WIC, development of good eating habits, healthy snacking, simple recipes, and nutrient comparison bar graphs. Literature provided to increase the staff's knowledge of Asian cultures discusses food habits and preferences, cultural information (childbearing, lifestyles), effective communication, and nutritional status of Southeast Asian refugee children.

Descriptors: WIC program; Food habits; Breast feeding; Southeast Asians; Instructional materials

Appraisal: A valuable resource for those providing nutrition counseling to Southeast Asians who need teaching materials and/or background information on food habits.

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251 **A Daily Food Guide.** Harrisburg, PA, Pennsylvania Dept. of Health, 1980.

Format: 1 sheet, multifolded

Source: Pennsylvania Dept. of Health, P.O. Box 90, Room 932, Health and Welfare Building, Harrisburg, PA 17108

Cost: Single copy free. Send self addressed stamped envelope. Reproduction requests should be addressed to Billye June Eichelberger, Chief Public Health Nutritionist.

7th grade reading level/English

Abstract: A daily food guide provides recommended numbers and sizes for servings of foods from 5 groups. Illustrations and tips for a healthy diet are included.

Descriptors: Food guides; Food groups; Nutrient sources

Appraisal: Accurate, complete information presented in lengthy, well-organized text with attractive illustrations, small print.

252 **Daily Food Guide.** St. Paul, MN, St. Paul-Ramsey County Nutrition Program, 1980.

Format: 1 sheet

Source: St. Paul-Ramsey County Nutrition Program, 555 Cedar Street, St. Paul, MN 55101

Cost: 6¢ per copy plus $2.00 handling charge per order.

Minimal text/English, Laotian, Cambodian, Vietnamese

Abstract: Three food groups (staple foods, body building foods, and protective foods) are illustrated using some Asian foods (tofu, bok choy). Sample meals for 1 day with foods from the 3 groups stress eating at least 1 food from each group at each meal.

Descriptors: Food guides; Food groups; Southeast Asians

Appraisal: Attractively presented, in a clear and concise format; foods are culturally appropriate for Southeast Asians.

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253 **Daily Food Guide** and **Use The Daily Food Guide.** Ventura, CA, Ventura County Health Dept., 1977.

Format: set of 2, each 1 sheet

Source: Ventura County Health Care Agency, 3147 Loma Vista Road, Ventura, CA 93009

Cost: Single copy free. Send self addressed stamped envelope.

9th grade reading level/Bilingual: English and Spanish (Food Guide) and English only (Use the Food Guide)

Abstract: "A Daily Food Guide" presents 6 groups, each with a blank to fill in for appropriate number of servings. Drawings represent foods for each group. Recommended numbers of servings of milk for various age groups and conditions (pregnancy, breastfeeding) are provided. "Use the Daily Food Guide" sheet lists calorie ranges along with numbers of servings for foods in the 6 groups listed in the "Daily Food Guide". Five practices are listed that add calories to the diet. The client can control weight by choosing low-calorie foods; a chart is included that lists low- and high-calorie foods in each of the 6 groups.

Descriptors: Food guides; Food groups; Low calorie foods

Appraisal: The concept of controlling calories is well presented and useful, but the presentation is not exciting.

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254 **Diet And Like It!** Birmingham, AL, Jefferson County Dept. of Health, 1980.

Format: 1 sheet, multifolded

Source: Bureau of Nutrition, Jefferson County Dept. of Health, 1400 6th Avenue South, Birmingham, AL 35233

Cost: 10¢ per copy. Do not send envelope or stamps.

3rd grade reading level/English

Abstract: A diet plan lists the number of servings suggested from each of 6 food groups: meats, breads and starchy vegetables, other vegetables, fruits, milk products, and fats. Serving sizes of selected foods from each of the groups are given. A sample meal plan and menu are provided. Low-calorie foods, seasonings, and foods to be avoided are listed. A few cooking tips and general rules for dieting (exercise, don't skip meals, eat slowly) are included.

Descriptors: Meal planning; Low calorie foods; Food groups; Weight loss diets

Appraisal: Useful information in an attractive format. Listing of starchy foods may promote the myth that starch should be avoided to lose weight. One third cup cottage cheese is presented as being equal to 1 cup of milk. This publication is similar to "Diet Basics" below, but it is aimed at a younger audience.

255 **Diet Basics.** Birmingham, AL, Jefferson County Dept. of Health, 1980.

Format: 1 sheet, multifolded

Source: Bureau of Nutrition, Jefferson County Dept. of Health, 1400 6th Avenue South, Birmingham, AL 35233

Cost: 10¢ per copy. Do not send envelope or stamps.

3rd grade reading level/English

Abstract: A 1400 calorie meal plan is provided for teens who want to control their weight. Numbers and size of servings are listed in 6 food groups: meat and meat substitutes, starchy foods, other vegetables, fruits, milk and milk products, and fats and oils. Low calorie foods and beverages, seasonings to use, and foods to avoid are listed. Cooking tips are mentioned along with ideas to help the teen follow the diet.

Descriptors: Meal planning; Low calorie foods; Food groups; Weight loss diets

Appraisal: Useful information in an attractive format. Listing of starchy foods may promote the myth that starch should be avoided to lose weight. One third cup of cottage cheese is presented as being equal to 1 cup of milk. This publication is similar to "Diet and Like It" above.

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256 **Food For A Healthy Mother And Baby.** Columbus, OH, Ross Laboratories, 1980.

Format: 1 page, multifolded

Source: Ross Laboratories, 625 Cleveland Ave., Columbus, OH 43216

Cost: Free.

10th grade reading level/English

Abstract: Food needs of pregnant and breastfeeding women and of infants are explained briefly. Reasons for good eating habits, what to do for morning sickness or upset stomach, and a list of recommended foods for pregnant women are included. Breastfeeding is the preferred infant feeding method; use of iron fortified formula is suggested if advised by a doctor. Cleaning hints are provided.

Descriptors: Pregnant women; Lactating women; Infants (To 2 years); Nutrient requirements; Breast feeding; Infant formula

Appraisal: Format is attractive and easy to read; information is mostly motivational.

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257 **Nutrition and Family Planning.** Richmond, VA, Virginia Dept. of Health, 1979.

Format: 1 sheet, folded

Source: Virginia Dept. of Health, WIC Program, 823 East Main Street, Room 200, Richmond, VA 23219

Cost: Single copy free to state agencies.

12th grade reading level/English

Abstract: Special nutrient needs of women using the Pill and IUD, and the functions and food sources of these nutrients are identified. The importance of healthy eating habits for adolescent girls is discussed. The effect of oral contraceptive use on breastfeeding is examined. References for further study are mentioned.

Descriptors: Nutrient-drug interactions; Nutrient sources; Nutrient requirements; Contraceptives; Adolescents (12-19 years)

Appraisal: Useful information in lengthy text without illustrations. Appropriate for an educated audience or as background for a nutritionist in counseling clients.

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258 **Nutrition And The Pill, Nutrition And The Diaphragm, Nutrition And The IUD.** Columbus, OH, Ohio Dept. of Health, not dated.

Format: set of 3, each 1 sheet, multifolded

Source: Ohio Dept. of Health, 246
North High, P.O. Box 118, Columbus,
OH 43216

Cost: Single copy free.
Permission to reproduce with credit given to source.

7th grade reading level/English

Abstract: Special nutrient needs of women using 3 forms of birth control are discussed. A food plan with numbers and serving sizes for weight maintenance is provided in the Diaphragm sheet. Iron-rich and vitamin C-rich foods are listed in the IUD sheet. Food sources of folic acid, riboflavin, vitamins B6 and C are listed for women on the "Pill."

Descriptors: Contraceptives; Nutrient requirements; Nutrient sources; Nutrient-drug interactions

Appraisal: Pamphlets are somewhat unique and are attractive, but some of the information is not entirely accurate (sources of nutrients).

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259 **Nutrition And The Pill.** Nashville, TN, Dept. of Public Health, Division of Nutrition Services, 1980.

Format: 1 sheet, folded

Source: Oklahoma State Dept. of
Health, 1000 Northeast 10th, P.O.
Box 53551, Oklahoma City, OK 73152

Cost: Single copy free. Send self addressed stamped legal size envelope.

7th grade reading level/English

Abstract: Food sources for necessary vitamins and minerals depleted by using the Pill are listed. Tips are provided for limiting weight gain while on the drug. For more information the client is advised to contact a local public health nutritionist.

Descriptors: Contraceptives; Nutrient requirements; Nutrient sources; Weight control

Appraisal: Information is clearly presented, but additional food sources for nutrients are needed.

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260 **Nutrition & Today's Female.** Raleigh, NC, North Carolina Agricultural Extension Service, A&T and North Carolina State Universities, 1980.

Format: 1 sheet, multifolded

Source: Nutrition & Dietary
Services Branch, Division of Health
Services, P.O. Box 2091, Raleigh, NC
27602

Cost: Single copy free. Multiple copies not available. Permission to reproduce with credit given to source.

5th grade reading level/English

Abstract: A daily food guide for adolescent and adult women lists numbers of servings and serving sizes for foods in 5 food groups. Ideas for weight maintenance and for gaining weight are provided. Sources of specific nutrients needed when using an IUD or the Pill are included.

Descriptors: Contraceptives; Nutrient requirements; Nutrient sources; Weight control; Food guides

Appraisal: Positive approach to nutrition includes preparing for pregnancy before it occurs. Food guide is brief, and vegetable-fruit groups require expansion as to sources of vitamins A and C.

261 **Nutrition Education Modules: A) Feeding Your Baby; B) Breastfeeding; C) Bottle Feeding; D) Infant Feeding; E) Reading Baby Food Labels; F) Making Baby Food; G) Feeding Toddlers and Preschoolers; H) Weight Control During Pregnancy; I) Common Problems Of Pregnancy; J) Daily Food Needs Of Women; K) Nutrient Contributions And Sources; L) Weight Control.** Boise, ID, Idaho Dept. of Health and Welfare, not dated.

Format: set of looseleaf pages

Sources: Idaho WIC Program, Bureau of Child Health, Division of Health & Welfare, Statehouse, Boise, ID 83720

Cost: Free within Idaho; outside of Idaho: A-F $7.00; H-J $4.00; G,K,L (not available until 1/83) $7.50. Camera-ready copy available.

7th grade reading level/English

Abstract: A series of color coded, self contained teaching units provides nutritional guidance from pregnancy through infant and toddler feeding; weight control and specific nutrient needs for adults and children are covered. Some units are divided into smaller subsections which cover small amounts of information through limited text and extensive illustrations. Questions for discussion and review are provided at the end of each subsection and unit.

Descriptors: Pregnant women; Infant feeding; Weight control; Nutritional requirements

Appraisal: The topics are thoroughly explored, with each point made on a separate page and supported with appealing illustrations. Information is presented in a simple warm manner, emphasizing individual needs and decision-making. End-of-unit questions are useful for reviewing and applying content. Small print requires close proximity to audience.

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262 **Nutrition For Those With Special Needs: Pregnant Women, Infants, Young Children; Lesson Plans And Handouts.** by Jill Randell. Ithaca, NY, Cornell University, 1978

Format: 46 page book with supplements

Source: Mailing Room #7, Research Park, Cornell University, Ithaca, NY 14853

Cost: $4.50 each.

9th grade reading level/English

Abstract: Twelve lesson plans are provided for use by a paraprofessional with guidance from a professional. Each program contains behavioral objectives, an annotated list of visual resources, discussion questions with answers, food activities, handout flyers, and evaluation methods. Professional resources on each topic and resource ideas for training the paraprofessional are offered. The intended audience is poor, multiracial (multi-ethnic) groups with limited reading skills. Topics are: 1) growth and development during pregnancy; 2) growth and development of the infant; 3) growth and development of the young child; 4) Basic 4 food groups for meal planning; 5) iron; 6) protein; 7) snacks; 8) calcium; 9) vitamin A; 10) vitamin C; 11) shopping; and 12) labeling. A supplemental section provides display ideas, a pre-test, food frequency charts for infants, children and pregnant women, a 24-hour food recall form, and a supplementary WIC orientation program. Sixteen accompanying handouts complement lessons by providing reinforcement and supplementary information on each topic listed above. A breastfeeding guide information on making baby food, and on calories are included.

Descriptors: Instructional materials; Adult nutrition education; Lesson plans; Pregnant women; Lactating women; Infants (To 2 years); Preschool children (2-5 years); Child development; Pregnancy and nutrition; Consumer education; Vitamins; Minerals; Protein; Snacks; Basic Four

Appraisal: A well-organized and useful set of lesson plans which could be adapted to the client group. Hand-outs are well designed. Some information requires adjustment: solids introduced to infants at 2-4 months; and no mention of vitamin C with iron-rich foods, nor of using iron pots.

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263 **Nutrition Know-How.** Battle Creek, MI, Public Affairs Dept., Kellogg Company, not dated.

Format: 1 sheet, multifolded

Source: Public Affairs Dept., Kellogg Company, Battle Creek, MI 49016

Cost: Free.

8th grade reading level/English and Spanish

Abstract: The importance of good nutrition and of WIC to encourage good nutrition are discussed. WIC foods are identified, as are key nutrients, their functions, and food sources. Illustrations show foods in the Basic 4 food groups, along with the recommended number of servings for each group. Eating breakfast is emphasized.

Descriptors: WIC program; Nutrient sources; Nutrient functions; Basic Four

Appraisal: Information is well-organized and accurate, but the text is lengthy and not inspiring.

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264 **Southeast Asian American Nutrition Education Materials.** Washington, DC, US Dept. of Agriculture, 1980.

Format: Kit

Source: USDA/FNS/Nutrition and Technical Services Division, Room 609, Alexandria, VA 22302

Cost: Contact source.

9th grade reading level/English, and Vietnamese, (2 available in Laotian, 1 available in Khmer; see Abstract).

Abstract: Translated nutrition education handouts for Southeast Asian Americans include WIC Program information, iron and calcium pamphlets, promotional breastfeeding materials, formula preparation and infant feeding guides, a dietary intake form and a list of spices and foods. All are available in English and Vietnamese. The daily food guide also is available in Laotian; rights and responsibilities (of WIC participants) page is printed in Laotian and Khmer. Background information for program personnel includes USDA/FNS publications on nutritional status and food habits of Southeast Asians, communication tips and guides for nutrition education and the use of WIC foods.

Descriptors: WIC program; Food guides; Breast feeding; Infant feeding; Iron; Calcium; Seasonings; Southeast Asians

Appraisal: Materials vary in length of text, completeness and clarity of print.

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265 **Weigh To Go: A New Image.** Houston, City of Houston Health Dept., 1980.

Format: 10 page booklet

Source: WIC Project #26, City of Houston Health Dept., 3315 Delano, Houston, TX 77004

Cost: Single copy free.

7th grade reading level/English and Spanish

Abstract: An introductory section discusses the causes and effects of being overweight and healthy weight reduction methods. A food plan presents 6 food groups with the number of servings recommended from each group, size of serving for each food in the group, cooking guidelines, and foods to limit in each group. A meal pattern for 1200 calories lists servings to have from each group at each of 3 meals. Behavioral tips are included (eat slowly, stay busy when bored, keep a food diary). A diary form is included for client use. Nine daily exercises which strengthen muscle groups over the entire body are illustrated.

Descriptors: Weight loss diets; Calorie restricted diets; Physical activities

Appraisal: A beautiful booklet with excellent information in large type. Many foods are listed, the meal patten is adaptable to individual needs and the food diary is useful.

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266 **What's Your Nutri-Score?** Harrisburg, PA, Pennsylvania Dept. of Health, 1981.

Format: 1 sheet

Source: Pennsylvania Dept. of Health, P.O. Box 90, Health and Welfare Building, Harrisburg, PA 17108

Cost: Single copy free. Send self addressed stamped envelope.

6th grade reading level/English

Abstract: A chart based on the Dietary Guidelines allows the client to self-evaluate her diet and health habits relating to weight, consumption of sugar, salt, fat/cholesterol, and fiber; extent of physical activity; and alcohol use against the USDA Dietary Guidelines. Explanations of ratings and suggestions for improvement are offered.

Descriptors: Dietary goals; Diet improvement; Food check lists

Appraisal: Teaches the Dietary Guidelines in an entertaining manner. Text is lengthy, but self-evaluation format may keep attention of audience.

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267 **What You Need To Know About Vegetarians.** Lincoln, NE, Nebraska Dept. of Health, 1980.

Format: 1 sheet, multifolded

Source: Nebraska Dept. of Health, Nutrition Division, 301 Centennial Mall South, P.O. Box 95007, Lincoln, NE 68509

Cost: Free.

12th grade reading level/English

Abstract: A question/answer format is used to define vegetarianism, types of vegetarians, differences between animal and plant protein and how to obtain adequate nutrition from plant sources. Important sources of plant protein are listed and suggested combinations of plant proteins which will yield complete proteins are offered. Brief guidelines for planning vegetarian diets, and nutrient sources of which vegetarians should be aware are listed. Three books are recommended and a complete protein flour formula is provided.

Descriptors: Vegetarians; Vegetarian diets; Protein complementarity

Appraisal: Much information is given, but meeting protein needs tends to be overemphasized. Statement that plant proteins are generally high in calories is misleading. Recommended sources of information are good.

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268 **WIC...For The Food You Need When You Need It Most.** Albany, NY, New York State Dept. of Health, 1981.

Format: 10 page flipchart

Source: New York State Dept. of Health, WIC Program, Empire State Plaza, Tower Building, Room 840, Albany, NY 12237

Cost: Free within New York. Reduced photocopy of content sent out of New York; contact Health Education Service, Inc., Box 7126, Albany, NY 12224 for information on bulk orders.

Minimal text/English and Spanish

Abstract: Simple multicolored drawings with large print messages give information on WIC foods: what foods can be purchased with WIC checks, nutrients provided by each WIC food, and their functions. Related information, given on the back of each page, can be discussed with the client by a trained nutrition educator.

Descriptors: WIC program; Nutrient sources; Nutrient functions

Appraisal: Simple test and interesting illustrations reinforce other New York state materials.

269 **WIC Series: Leafy Greens For Iron and Vitamin A; Fruits And Vegetables; Whole Grains And Cereals; WIC Juices.** Pasadena, CA, Pasadena Public Health Dept., WIC, not dated.

Format: set of 4, each 1 sheet folded

Source: WIC Program, Pasadena Dept. of Public Health, 363 East Villa, Pasadena, CA 91101

Cost: Single copy free. Send self addressed stamped envelope.

4th grade reading level/English and Spanish

Abstract: A series of 4 brightly colored folded sheets on various foods provides information about nutrient value and ways to use foods. "Whole grains and cereals" discusses B vitamins and fiber; functions of these nutrients and how to reduce constipation are discussed; a recipe for whole wheat pancakes is given. "Leafy greens" is printed on bright green paper; the greens provide iron and vitamin A. A list of these greens is rated. Two recipes are included. "WIC juices" discusses vitamin C. Foods high in vitamin C are illustrated with a note that cooking destroys vitamin C and that these foods should be eaten raw. A self quiz asks clients to identify drawings of food high in vitamin C; 2 recipes are included. In "Fruits and Vegetables" tips on how to store, serve and buy these foods are provided. Recipe hints cover snacks and a dip made with broccoli.

Descriptors: Nutrient sources; Iron; Vitamins; Recipes

Appraisal: Presentations are eye-catching; some illustrations are humorous. Information is helpful and recipes look good.

AUDIOVISUALS

270 **Help Yourself To Health.** Boise, ID, not dated.

Format: Multimedia kit (including 9 slide/tape sets, Instructor's Guide, and 22 posters).

Source: Healthwise Wellness Center, P. O. Box 1989, Boise, ID 83701

Cost: $625.00 each (price includes discount on staff training; contact source for information on partial packages available at lower cost).

English (contact source for information on other languages)

Abstract: A comprehensive program provides a "self care approach to healthy eating" through classes with slidetape presentations and other aids. Activities teach how to: monitor both a child's growth and a pregnant woman's weight gain; evaluate family eating habits; analyze blood for iron content; and prevent nutrition-related health problems. Classes provide instructional and audiovisual information on bottle and breast feeding, infant feeding, budgeting, buying, fitness, weight control, and nutritional guidelines for families. A teaching guide describes learning objectives and provides an outline, time guide, handouts, activities and/or games for each session.

Descriptors: Instructional media; Adult education; Infant feeding; Physical fitness; Weight control

Appraisal: Late addition; no formal appraisal was done.

271 **WIC Rules And Rights.** Atlanta, GA Kuona, Ltd and Georgia State WIC Program, 1979

Format: 7-1/2 minute slide set with cassette

Source: Kuona, Ltd., 1303 Spring St. N.W., Atlanta, GA 30309

Cost: $55.00 each.

English

Abstract: The eligibility rules and procedures of the WIC program are presented in a news show format for WIC participants. Categories of eligible women and children are explained, along with reasons for exclusion from the program. Required check-ups are detailed for each eligible group. Actions that can lead to expulsion are given, e.g., selling WIC vouchers or foods, or giving false information. Participants are referred to their own program staff for further information.

Descriptors: Instructional media; Program participants; WIC program

Appraisal: An effective introduction to WIC; may need adaptation to fit local WIC clinic; the use of a black woman "reporter" provides multi-ethnic appeal.

SPECIFIC NUTRIENTS

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272 **Are You Getting Nourishment From The Calories You Eat?** Berkeley, CA, City of Berkeley Health Dept., 1979.

Format: 1 sheet

Source: City of Berkeley Health Dept., 2015 Center Street, Berkeley, CA 94704

Cost: Single copy free. Send self addressed stamped envelope.

Minimal text/English

Abstract: Four examples of nourishing foods and 4 examples of similar but empty calorie foods (orange juice/orange soda, nuts/potato chips, custard/jello, peanut butter toast/cupcake) are compared. Calorie values are given for each.

Descriptors: Food quality; Caloric values

Appraisal: The format is eye-catching, the information is accurate and clearly presented. The color of each page helps to reinforce sources of the nutrient (e.g., green for folic acid). Appropriate for minimal reading level.

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273 **Bone Hard Facts About Calcium.** Ventura, CA. Ventura County Health Care Agency, not dated.

Format: 1 sheet, folded

Source: Ventura County Health Care Agency, 3147 Loma Vista Road, Ventura, CA 93009

Cost: Single copy free. Send self addressed stamped envelope.

7th grade reading level/English

Abstract: The functions of calcium are listed. The text acknowledges that some persons may prefer calcium sources other than liquid milk; and lists of calcium equivalents for pudding, soup, tofu, macaroni and cheese, and other dairy products are provided. Hints for use of nonfat dry milk in extending whole milk or enriching other foods are offered. A recipe for Orange Julius combines orange juice with reconstituted nonfat dry milk. A list of high calcium non-dairy foods includes Mexican entrees, pizza, and greens. Recommended numbers of servings are given for children, pregnant women and breastfeeding women.

Descriptors: Calcium; Nutrient requirements; Nutrient sources

Appraisal: Useful and accurate information includes sources of calcium appropriate to Asian and Spanish ethnic groups. Lengthy text is presented in unexciting format.

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274 **Build Better Blood.** Phoenix, AZ, Arizona Dept. of Health Services, 1979.

Format: 1 sheet, multifolded

Source: Arizona Dept. of Health Services, Bureau of Nutrition Services, 3424 North Central Avenue, Suite 300, Phoenix, AZ 85012

Cost: Free to Arizona WIC programs; all others, single free copy with permission to reprint with credit given to source.

7th grade reading level/English

Abstract: The functions of blood, hemoglobin and iron are briefly explained. Symptoms of iron deficiency anemia and times when anemia is most likely to occur are listed. Recommendations for prevention of iron deficiency anemia include use of iron fortified formula, consuming plant and animal iron sources together and adding vitamin C to the diet. Separate charts show foods high in iron and vitamin C (per 1/2 cup serving) divided into excellent, good and moderate categories. A word puzzle challenges the reader to find names of iron-rich foods and space is provided for recording 1 day's diet. Questions help the client evaluate iron content of the recorded intake.

Descriptors: Iron nutriture; Iron deficiency anemia; Nutrient sources; Ascorbic acid

Appraisal: Information is clearly presented in attractive format with useful activities to reinforce learning.

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275 **Building Blood.** Atlanta, GA, Georgia Dept. of Human Resources, 1980.

Format: 1 sheet, multifolded

Source: Georgia Dept. of Human Resources, Office of Nutrition, Room 354-S, 47 Trinity Avenue SW, Atlanta, GA 30334

Cost: Single copy free to state agencies. Permission to reprint with credit given to source.

3rd grade reading level/English

Abstract: Sources of iron, vitamin C and folic acid (required to build healthy red blood cells) are listed. Iron is emphasized, with sources divided into best, good and fair categories. Baby foods which are high in iron and other iron rich dishes also are listed. A 1-day menu includes foods high in iron, vitamin C and folic acid. Misinformation concerning blood building foods and cravings is briefly discussed.

Descriptors: Iron nutriture; Folic acid; Ascorbic acid; Nutrient sources; Iron deficiency anemia

Appraisal: Information is directed to pregnant women and mothers of infants, but is useful for everyone. Very attractive and well-organized format.

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276 **Calcium.** Austin, TX, Texas Dept. of Health (adapted from New York State Cooperative Extension, Cornell University), not dated.

Format: 1 sheet, folded

Source: Texas Dept. of Health, 1100 West 49th Street, Austin, TX 78756

Cost: Free within Texas; single copy free outside of Texas. Permission to reproduce with credit given to source.

5th grade reading level/English and Spanish

Abstract: Children's and adult's need for calcium and its functions are explained. A boxed area lists milk, milk products, and other foods high in calcium. Amounts of calcium needed by adults, children, teens, and pregnant and lactating women are described in milk equivalents. Alternative calcium sources and amounts needed to equal the calcium content of 1 cup of milk are shown. Dry milk powder is suggested as an economical alternative for fluid milk; reconstituting instructions and other ideas for use are given.

Descriptors: Calcium; Nutrient sources

Appraisal: Excellent presentation of why calcium is needed and how to get it. The information is accurate and complete; the format is beautiful.

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277 **Complete Protein Without Meat.** Berkeley, CA, City of Berkeley Health Dept., not dated.

Format: 1 sheet

Source: City of Berkeley Health Dept., 2015 Center Street, Berkeley, CA 94704

Cost: Single copy free. Send self addressed stamped envelope.

Minimal text/English

Abstract: Sources of complete animal protein and 3 groups of incomplete plant proteins (grains, legumes, nuts and seeds) are illustrated. Combinations of plant proteins which will yield complete protein are given. Seventeen examples of non-meat dishes with complete protein are listed.

Descriptors: Protein complementarity; Proteins, plant

Appraisal: Information is accurate, helpful and clearly presented. Concept of nutrient density is understandably presented for the layperson.

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278 **Eat Foods Rich in Calcium.** St. Paul, MN, St. Paul-Ramsey County Nutrition Program, 1980.

Format: 1 sheet

Source: St. Paul/Ramsey County Nutirtion Program, 555 Cedar Street, St. Paul, MN 55101

Cost: 6¢ per copy, plus $2.00 handling charge per order

Minimal text/English, Vietnamese, Laotian, and Cambodian

Abstract: An orange pamphlet with black print pictures identifies calcium-rich body building foods (milk, fish, chicken, tofu, dried peas, beans and soybeans) and protective foods (leafy greens, broccoli, bok choy and oranges). Brief text states, "Calcium builds strong bones and teeth and keeps them healthy. Eat more of these foods every day."

Descriptors: Calcium; Nutrient sources

Appraisal: Clearly presented and accurate information, especially designed for Asian ethnic groups.

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279 **Folic Acid.** Sacramento, CA, Sacramento County Health Dept., not dated.

Format: 1 sheet, folded

Source: Sacramento County WIC Program, 3701 Branch Center Road, Room 205, Sacramento, CA 95827

Cost: Single copy free with permission to reprint. Send self addressed stamped envelope.

5th grade reading level/English

Abstract: Folic acid, its function, and periods of special need are explained briefly. Vegetable sources are identified and compared; other sources and recommended serving sizes are listed. Cooking instructions suggest short cooking times and describe the vitamin's sensitivity to heat. Menu ideas encourage the use of raw vegetables to obtain folic acid.

Descriptors: Folic acid; Nutrient sources; Nutrient functions

Appraisal: Interesting presentation of important, accurate information.

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280 **Food Sources Sheet Series: Calcium, Vitamin A, Vitamin C, Folic Acid.** Berkeley, CA, City of Berkeley Health Dept., 1979.

Format: Set of 4, each 1 sheet, folded

Source: City of Berkeley Health Dept., 2015 Center Street, Berkeley, CA 94704

Cost: Single copy free. Send self addressed stamped envelope.

Minimal text/English

Abstract: Food sources of each nutrient are illustrated (except calcium) and listed. Calcium and vitamin C pages list the recommended daily intake amounts and give the serving size which provides a stated amount of the nutrient. Vitamin A and Folic acid pamphlets show sources of the nutrient only. WIC foods are included when appropriate.

Descriptors: Nutrient sources; Calcium; Ascorbic acid; Vitamin A; Folic acid; US Recommended Daily Allowances

Appraisal: Accurate information, clearly presented in an eye-catching format. WIC foods are shown.

281 **For Happy Bones And Healthy Teeth, Eat Foods With Calcium.** Denver, CO, Colorado Dept. of Health, 1980.

Format: Poster

Source: Colorado State Health Dept., Nutrition/WIC, 4210 East 11th Avenue, Denver, CO 80220

Cost: Single copy free. Send self addressed stamped envelope.

Minimal text/Bilingual (English and Spanish)

Abstract: Colorful illustrated poster humorously depicts a cow and good food sources of calcium: a leafy green vegetable, a taco, fluid and powdered milks, and yogurt. The text states, "For happy bones and healthy teeth, eat foods with calcium."

Descriptors: Calcium; Instructional aids

Appraisal: Charming illustration of a variety of calcium-rich foods.

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282 **High Protein, High Calorie Hints.** New Orleans, LA, Louisiana Dept. of Health & Human Resources, not dated.

Format: 1 sheet, folded

Source: Office of Health Services and Environmental Quality, Louisiana Dept. of Health & Human Resources, P.O. Box 60630, New Orleans, LA 70160

Cost: Single copy free.

6th grade reading level/English

Abstract: The addition of nonfat dry milk, instant breakfast, strained (baby food) meats and egg whites to a variety of foods is suggested to increase the caloric and protein values of foods without adding excess fat. Several uses are listed for each supplement.

Descriptors: Supplements (Nutrient); Protein; Protein beverages; High caloric diets

Appraisal: Some of the ideas may be useful; adding egg white is not one of them. Directions for whipping dry milk are not provided.

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283 **How Sweet It Is.** Norfolk, VA, Norfolk Health Dept., 1980.

Format: 1 sheet

Source: Norfolk WIC Program, 401 Colley Avenue, Norfolk, VA 23507

Cost: Single copy free. Send self addressed stamped envelope. Permission to reproduce if credit given to source.

4th grade reading level/English

Abstract: Sugar content of some desserts, cola drinks, raisins and orange juice is listed in teaspoons per specified serving size. Label reading is encouraged and ingredient labeling is briefly explained. Overweight, nutritional anemia, decreased energy, decreased resistance and dental caries are listed as possible consequences of a high sugar, low nutrient diet. Suggestions for improving the diet include foods chosen from the Basic 4 food groups, nutritious beverages and snack ideas.

Descriptors: Snack foods; Caloric value; Nutritional labeling

Appraisal: Positive approach includes helpful ideas for reducing sugar intake; some nutrition information may require clarification.

284 **Iron Foods.** Denver, Colorado State Health Dept., 1980.

Format: Poster

Source: Colorado State Health Dept., Nutrition/WIC, 4210 East 11th Avenue, Denver, CO 80220

Cost: Contact source.

Minimal text/Bilingual (English and Spanish)

Abstract: A silhouette of an active family appears behind colorful illustrations of iron-rich foods (e.g., beans, peanut butter, cereal). The bilingual message states that a strong and happy family eats foods with iron.

Descriptors: Iron; Nutrient sources

Appraisal: The poster is attractive and the message is clear. The most prominent food source of iron is peanut butter.

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285 **Iron Found To Be Important For Good Health.** Houston, TX, City of Houston Health Dept., 1979.

Format: 4 page pamphlet

Source: WIC Project #26, City of Houston Health Dept., 3315 Delano, Houston, TX 77004

Cost: Single copy free.

6th grade reading level/English and Spanish

Abstract: The importance, function, and sources of dietary iron are presented in a newspaper format. The 4 food groups are discussed with emphasis on sources of iron, use of vitamin C foods to improve the absorption of iron and limiting milk to make room for iron-rich foods. High iron snack foods and a sample menu plan for increasing the iron content of the diet are included.

Descriptors: Iron nutriture; Nutrient sources; Basic Four; Snacks; Meal planning

Appraisal: Excellent information, presented in an interesting format. Photographs include a black family on the cover page.

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286 **Iron To Carry Oxygen In Your Blood.** Concord, NH, New Hampshire Dept. of Health and Welfare, not dated.

Format: 1 sheet, multifolded

Source: New Hampshire WIC Program, Health & Welfare Building, Hazen Drive, Concord, NY 03301

Cost: Single copy free. Send self addressed stamped envelope.

7th grade reading level/English

Abstract: The functions of, and needs for iron are described. Sources of iron are divided into a high group, requiring only 1-2 servings per day to meet iron needs, and a medium group, requiring 5 or more servings per day. A simple, 1-day meal plan incorporates iron- and vitamin C-rich foods Directions are given for dried bean preparation (overnight and quick methods) and preparation of whole grains and beans for babies. A dessert bar recipe includes beans, molasses, and raisins. A crossword puzzle tests the client's knowledge of information provided. Use of iron cookware and addition of vitamin C to the diet also are recommended.

Descriptors: Iron nutriture; Nutrient sources; Food preparation, home; Nutrient requirements

Appraisal: Excellent, complete information with unspoken emphasis on inexpensive sources of iron. The format is well organized in an attractive style, but most of the print is very small.

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287 **Iron: What's All The Fuss About?** Sacramento, CA, Sacramento County Health Dept., not dated.

Format: 1 sheet, folded

Source: Sacramento County WIC Program, 3701 Branch Center Road, Room 205, Sacramento, CA 95827

Cost: Single copy free with permission to reprint. Send self addressed stamped envelope.

5th grade reading level/English

Abstract: A question/answer format presents the function of iron, who needs it, where it is found (excellent and good sources) and how to make the best use of iron by including vitamin C and folic acid in the diet. Menu suggestions are offered for increasing iron intake with meats, vegetables, snacks, sandwiches, and Mexican foods. Hints suggest using red meats, fortified and enriched products, and cooking in iron pots.

Descriptors: Iron; Nutrient sources; Nutrient functions

Appraisal: Entertaining presentation of complete and accurate information.

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288 **It's Vitamin C For You From Me.** Austin, TX, Texas Dept. of Health, not dated.

Format: 1 sheet, folded

Source: Texas Dept. of Health, 1100 West 49th Street, Austin, TX 78756

Cost: Single copy free. Permission to reproduce if credit given to source.

7th grade reading level/English and Spanish

Abstract: The functions and sources of vitamin C are listed. Cautions against overcooking, use of excess water in cooking, and use of fruit drinks rather than fruit juices are included. The daily vitamin C requirements for infants, children, non-pregnant adults, and pregnant and lactating women are given in milligrams and food equivalents.

Descriptors: Ascorbic acid; Nutrient requirements; Nutrient sources; Nutrient functions; Nutrient retention

Appraisal: Very attractive and well-organized format. The lists of vitamin C foods are very limited in number and 1974 RDAs are used in presenting daily needs.

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289 **Let's Keep Ruby Red Blood Cell Happy.** Wichita, KS, Wichita-Sedgewick County WIC Program, 1980.

Format: 1 sheet, multifolded

Source: Wichita-Sedgewick County WIC Program, 1719 East First, Wichita, KS 67214

Cost: Single copy free. Send self addressed stamped envelope.

5th grade reading level/English and Vietnamese

Abstract: The importance of iron for healthy blood in pregnant women and children is simply explained. A rating system is provided to help clients plan an adequate iron intake. Specified amounts of iron containing foods are given a point value. Total daily points needed for children, women and pregnant women are listed. Cooking tips suggest use of molasses, dried fruits and dried beans, iron cookware, high iron snacks, and foods high in vitamin C.

Descriptors: Iron nutriture; Nutrient sources; Nutrient retention

Appraisal: Accurate and complete information clearly presented. Novel concept of rating foods facilitates planning daily meals to ensure adequate iron intake.

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290 **Meet The Blood Builders.** Springfield, IL, Illinois Dept. of Public Health, 1980.

Format: 1 sheet, multifolded

Source: Illinois Dept. of Public Health, 535 West Jefferson Street, Springfield, IL 62761

Cost: Single copy free. Permission to reproduce if credit given to source.

7th grade reading level/English

Abstract: Increasing iron in the diet is promoted by a brief description of the function of iron and lists of sources from the meats, fruit/vegetable, and grains groups. Recommendation to "eat food high in iron and drink a glass of juice every day" is included.

Descriptors: Iron nutriture; Nutrient sources

Appraisal: Accurate information, simply presented in a very attractive format.

291 **Protein: Food For Growth.** Austin, TX, Texas Dept. of Health, 1980.

Format: 1 sheet, folded

Source: Texas Dept. of Health, 1100 West 49th Street, Austin, TX 78756

Cost: Single copy free. Permission to reproduce if credit given to source.

5th grade reading level/English and Spanish

Abstract: A question and answer format simply describes: why protein is needed; who needs protein; when need increases; what foods supply protein; and how much protein is needed for infants, children, pregnant and lactating women and non-pregnant adults. Protein needs are stated in food equivalents (numbers of servings of milk or cheese plus meat or meat alternates).

Descriptors: Protein requirements; Nutrient sources

Appraisal: Attractive presentation of accurate information. There is no mention of protein in grains.

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292 **Shopping For Iron.** Denver, Colorado State Health Dept., not dated.

Format: 1 sheet, multifolded

Source: Colorado State Health Dept., Nutrition/WIC, 4210 East 11th Avenue, Denver, CO 80220

Cost: Single copy free. Send self addressed stamped envelope. Permission to reproduce with credit given to source.

6th grade reading level/English and Spanish

Abstract: Anemia is defined and its symptoms listed. An iron-rich diet which includes foods high in vitamin C is suggested to prevent anemia. Foods and their iron content are listed (in milligrams) according to food groups and are depicted on a bar graph for easy comparison. Daily needs for iron (in milligrams) are listed by age and sex for infants through adults. Space is provided for the client to complete 2 questions: How can I increase my daily iron? and What vitamin C food will I have daily?

Descriptors: Iron nutriture; Nutrient requirements; Nutrient sources; Instructional aids

Appraisal: Accurate information presented in unexciting format. Bars clearly identify iron-rich foods, but information is not applied to food buying or meal planning. Activities are useful for individualizing concepts.

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293 **Source Series: Calcium; Potassium; Vitamin A; Vitamin C.** New Orleans, LA, Louisiana Dept. of Health & Human Resources, not dated.

Format: Set of 4, each 1 sheet

Source: Office of Health Services and Environmental Quality, Louisiana Dept. of Health & Human Resources, P.O. Box 60630, New Orleans, LA 70160

Cost: Single copy free.

Minimal text/English

Abstract: One page pamphlets give 9-13 sources of each vitamin or mineral covered and offer a word puzzle for client to find the sources listed. Foods which are not good sources of the nutrient also are included in the puzzle.

Descriptors: Nutrient sources; Puzzles; Instructional aids

Appraisal: The activity is fun and reinforces the variety of food sources of the nutrients.

294 **Vitamin A.** Austin, TX, Texas Dept. of Health, adapted from New York State Cooperative Extension Service, Cornell University, not dated.

Format: 1 sheet, folded

Source: Texas Dept. of Health, 1100 West 49th Street, Austin, TX 78756

Cost: Free within Texas; single copy free outside of Texas. Permission to reproduce with credit given to source.

5th grade reading level/English and Spanish

Abstract: Easy-to-read text, highlighted with bold print, describes why vitamin A is needed and who needs extra vitamin A. Food sources listed include high vitamin infant foods, fruits, vegetables and snack suggestions. A calendar suggests a different excellent vitamin A source every other day for a month. An activity invites the client to circle vitamin A-containing foods from 1 day's menu. A warning statement discourages the use of large amounts of vitamin A over a long period of time.

Descriptors: Vitamin A; Nutrient sources; Nutrient functions

Appraisal: Accurate, important information presented in a beautiful format.

295 **Vitamin A.** Edinburg, TX, Hidalgo County Health Dept., 1981.

Format: 1 sheet, multifolded

Source: Hidalgo County Health Dept., WIC Program, 1425 South 9th Street, Edinburg, TX 78539

Cost: Free. Send self addressed stamped envelope. Camera-ready copy available.

Minimal text/English and Spanish

Abstract: The functions and food sources of vitamin A are listed. Two simple recipes feature vitamin A-rich vegetables.

Descriptors: Vitamin A; Nutrient sources; Nutrient functions

Appraisal: A wide variety of food sources of vitamin A are clearly and attractively presented on an appropriately colored orange background. Additional foods could be written in.

296 **Vitamin A.** Ventura, CA, Ventura County Health Care Agency, 1977.

Format: 1 sheet

Source: Ventura County Health Care Agency, 3417 Loma Vista Road, Ventura, CA 93009

Cost: Single copy free. Send self addressed stamped envelope.

9th grade reading level/English and Spanish

Abstract: The advantages of nutritious foods over vitamin pills are stated in terms of cost and nutrient availability. Methods of increasing the vitamin A content of meals include preparation and serving suggestions for carrots, sweet potatoes, greens and winter squash and menu ideas for breakfast and for hot summer days. Recipes for carrot/raisin salad and pumpkin pudding are given. Several suggestions for increasing a child's intake of vegetables are listed. A puzzle allows reader to fill in letters which complete names of vitamin A-rich foods.

Descriptors: Vitamin A; Nutrient sources; Recipes

Appraisal: Many helpful ideas for increasing use of vitamin A-rich foods. An opening question catches attention and clearly points out the economic and nutritional advantages of good food over vitamin pills.

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297 **Vitamin C.** Edinburg, TX, Hidalgo County Health Dept., 1981.

Format: 1 sheet, multifolded

Source: Hidalgo County Health Dept., WIC Program, 1425, South 9th Street, Edinburg, TX 78539

Cost: Free. Send self addressed stamped envelope. Camera-ready copy available.

3rd grade reading level/English and Spanish

Abstract: The functions and food sources of vitamin C are listed. Three simple recipes (parsleyed new potatoes, cooked tomatoes, and ambrosia) feature foods rich in vitamin C.

Descriptors: Ascorbic acid; Nutrient sources; Nutrient functions; Recipes

Appraisal: Simple presentation of many food sources of vitamin C, including some used by Spanish ethnic groups.

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298 **What You Need To Know About Iron.** Lincoln, NE, Nebraska Dept. of Health, not dated.

Format: 1 sheet, folded

Source: Nebraska State Dept. of Health, Nutrition Division, 301 Centennial Mall South, P.O. Box 95007, Lincoln, NE 68509

Cost: Single copy free.

7th grade reading level/English

Abstract: The function of iron in preventing anemia is explained. Symptoms of anemia are contrasted to a healthy appearance and condition. Iron needs are listed in milligrams and percentage of Recommended Daily Allowances for children 1-3 years, 4-10 years, 11-15 years, and mature women. Measured amounts of iron-containing foods are listed according to milligrams of iron and percentage of the RDA provided. Several ways to increase iron in the diet are given.

Descriptors: Iron nutriture; Nutrient requirements; Nutrient sources; Nutrient-nutrient interaction

Appraisal: Information is accurate, but listing of foods according to iron content may require clarification for clients.

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299 **Your Special Need For Iron.** Minneapolis, MN, Minnesota Dept. of Health, not dated.

Format: 1 sheet, multifolded

Source: Minnesota Dept. of Health, Section of Health Education, 717 SE Delaware Street, Minneapolis, MN 55440

Cost: Single free copy to health professionals only.

6th grade reading level/English

Abstract: The function of iron, who needs it, how much is needed and the effects of iron deficiency are briefly explained. A chart lists chief sources of iron (more than 4 mg/serving), moderate sources (2-4 mg/serving), and contributing sources (less than 2 mg/serving). The text describes non-food sources (pills, iron cookware) and some vitamin C-rich foods to include in the diet to aid in the absorption of iron.

Descriptors: Iron nutriture; Nutrient requirements; Nutrient sources

Appraisal: Complete and accurate information, presented in well-organized format. Lengthy text in small print includes some technical terms.

DENTAL CARE

300 **Break The Chain Of Tooth Decay.** Chicago, American Dental Association, 1974.

Format: 1 sheet, multifolded

Source: Bureau of Health Education & AV Services, American Dental Association, 211 East Chicago Avenue, Chicago, IL 60611

Cost: Single copy free; send self addressed stamped #10 business envelope.

8th grade reading level/English

Abstract: The role of 3 major causative factors in tooth decay (bacterial plaque, sugar and susceptible teeth) are explained. Methods of preventing tooth decay through diet and tooth care are outlined.

Descriptors: Dental health; Preventive nutrition

Appraisal: The simple presentation of major points is easy to grasp. Lengthy text provides additional interesting information, but small red print on orange paper diminishes readability.

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301 **For Better Dental Health, Snack Wisely.** Charleston, SC, Trident Health District, 1981.

Format: 1 sheet, folded

Source: Trident Health District, Charleston County Health Dept., Charleston, SC 29401

Cost: Single copy free; send self addressed stamped 8" x 11" envelope.

7th grade reading level/English

Abstract: The relationship between sugar-containing foods and acid attacks on tooth enamel is explained. Snack foods from the Basic 4 food groups are divided into good snacks and sweet snacks. Especially harmful snacks which are usually sucked or chewed for long periods of time are listed separately. Sugar content (in teaspoons) of some snacks is given. Label reading information helps the client to identify ingredient names which indicate that a form of sugar is added to a product.

Descriptors: Snacks; Dental health; Sugar; Preventive nutrition

Appraisal: The information is well-organized, accurate and useful, and the snack suggestions are appropriate. Print is small.

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302 **Good Teeth For You And Your Baby.** Bethesda, MD, National Institute of Dental Research, 1979.

Format: 16 page booklet.

Source: Office of Science and Health Reports, National Institute of Dental Research, National Institute of Health, Bethesda, MD 20205

Cost: Single copy free.

7th grade reading level/English (#79-1255) and Spanish (#79-1465)

Abstract: Prevention of maternal and infant tooth decay through cleaning, diet, and visiting the dentist is discussed. Tips for protecting baby's teeth include: use flouride to rinse mouth and teeth; serve nourishing food; make regular visits to the dentist; and remove bottle from baby's mouth before sleep times.

Descriptors: Teeth; Dental health; Food habits

Appraisal: Attractive publication emphasizes visits to the dentist and tooth care; diet is mentioned briefly.

MEAL PLANNING AND FOOD BUYING

303 **Break The Fast: Eat A Good Breakfast.** Jefferson City, MO, Missouri Division of Health, 1975.

Format: 1 sheet, folded

Source: Missouri Division of Health, WIC Program, P.O. Box 570, 402 Dix Road, Jefferson City, MO 65102

Cost: Free. Limit 100 copies within Missouri; 10 copies, all others.

6th grade reading level/English

Abstract: Benefits of eating breakfast and detriments of skipping breakfast are explained. Nutritious components of a general breakfast and a quick breakfast are listed. Two 250-calorie breakfast menus are given and calorie values of other breakfast foods are listed.

Descriptors: Breakfast; Low calorie foods

Appraisal: Good reasons are given for eating breakfast. Bold titles are followed with text in very small print.

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304 **Eat A Better Breakfast.** Oklahoma City, OK, Oklahoma State Dept. of Health, 1980.

Format: 1 sheet, folded

Source: Oklahoma State Dept. of Health, 1000 Northeast 10th, P.O. Box 53551, Oklahoma City, OK 73152

Cost: Single copy free. Send self addressed stamped legal size envelope.

6th grade reading level/English

Abstract: Reasons for eating a nutritious breakfast are explained briefly. Ideas are offered for coping with: weight control, hurried mornings, and family members on different time schedules. Breakfast food ideas which combine foods from at least 2 food groups are given.

Descriptors: Breakfast; Low calorie foods; Menu planning

Appraisal: Well-organized and helpful suggestions in an attractive format.

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305 **Food Cents.** Harrisburg, PA, Pennsylvania Dept. of Health, 1979.

Format: 1 sheet, multifolded

Source: Pennsylvania Dept. of Health, P.O. Box 90, Room 932, Health and Welfare Building, Harrisburg, PA 17108

Cost: Single copy free. Send self addressed stamped envelope. Permission to reproduce should be requested from Billy June Eichelberger, Chief Public Health Nutritionist, at above address.

6th grade reading level/English

Abstract: The Basic 4 food groups are described with recommended numbers of servings and serving sizes. Meal planning and buying tips give general guidelines for economical purchase of all foods. Specific advice is provided for fresh fruits, vegetables, breads, and cereals. Components of food labels are explained. Economical use and nutritious preparation of foods from all 4 groups are described. A small chart lists number of servings per pound yield of various cuts of meat, fish and poultry. A short discussion of ready-prepared foods compares cost of convenience versus home prepared items.

Descriptors: Menu planning; Basic Four; Food purchasing; Low cost food preparation; Nutritional labeling

Appraisal: Excellent information in lengthy text, small print.

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306 **Fruits And Vegetables Group.** by Marie Zaczkowski. Dallas, TX, City of Dallas Health Dept., 1979.

Format: 1 sheet, folded

Source: WIC Project 07, City of Dallas Health Dept., 2922-B Martin Luther King, Jr., Boulevard, Dallas, TX 75215

Cost: Single copy free. Send self addressed stamped legal size envelope.

8th grade reading level/English

Abstract: The need for 4 servings of fruits and vegetables is explained. Fruits and vegetables high in vitamins A and C are listed separately. Cooking methods which will retain nutrients are briefly described. Recipes are provided for 3 beverages made with fruit juices.

Descriptors: Fruits; Vegetables; Ascorbic acid; Vitamin A; Cooking methods

Appraisal: Accurate and useful cooking information with many food sources of vitamins A and C is listed. The beverages use only fruit juices; no sugar is added.

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307 **Good Food Shopping: A Method To The Madness.** Richmond, IN, Wayne County WIC Program, 1979.

Format: 1 sheet, multifolded

Source: Wayne County WIC Program, Health Dept., Nursing Division, Court House, Richmond, IN 47374

Cost: Single copy 25¢ Send self addressed stamped 4" x 9-1/2" envelope.

4th grade reading level/English

Abstract: Shopping tips briefly describe methods to save money. General categories of information describe: planning ahead (using coupons, meal planning and a shopping list); cutting food costs (by price comparison, food selections, home prepared vs. convenience foods, and quantity purchasing); and consumer awareness of specials and product quality. Label information is reviewed for unit price, nutritional information and freshness dating.

Descriptors: Consumer economics; Food purchasing

Appraisal: Excellent information in attractive format. Headings are in large bold print, but text is in smaller light print and not easily visible.

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308 **Grain Group.** by Marie Zacakowski. Dallas, City of Dallas Health Dept., 1979.

Format: 1 sheet, folded

Source: WIC Project 07, City of Dallas Health Dept., 2922-B Martin Luther King, Jr., Boulevard, Dallas, TX 75215

Cost: Single copy free. Send self addressed stamped legal size envelope.

7th grade reading level/English

Abstract: Foods which comprise the grain group, are listed. The number of servings needed and examples of serving suggestions are given. Nutrients provided by grains and their functions are explained. Recipes for cereal muffins and apple crisp are given. WIC supplied foods are starred.

Descriptors: Grains; Cereals; Nutrients; Nutrient sources; Recipes

Appraisal: Accurate information, except that fiber is listed without specifying whole grains as the best source. Muffins are high in sugar and fat.

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309 **Milk Cheese Group.** by Marie Zaczkowski. Dallas, City of Dallas Health Dept., 1979.

Format: 1 sheet, folded

Source: WIC Project 07, City of Dallas Health Dept., 2922-B Martin Luther King, Jr., Boulevard, Dallas, TX 75215

Cost: Single copy free. Send self addressed stamped envelope.

8th grade reading level/English

Abstract: The needs for foods from the milk/cheese group are listed for children, teens, adults and pregant/nursing women. Serving sizes for selected foods are given. Nutrients provided by milk products and their functions are explained. Quick and easy foods to prepare with milk products, plus recipes for vanilla and fruit puddings are given.

Descriptors: Milk; Milk products; Cheese; Buttermilk; Nonfat dry milk; Yoghurt; Nutrients; Nutrient functions; Recipes

Appraisal: Accurate information with a variety of suggestions for using milk products, but no mention is made of using nonfat dry milk.

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310 **Packing A Brown Bag Lunch Doesn't Have To Be A Dull Affair.** Decatur, GA, DeKalb County Health Dept., adapted from Rhode Island Dept. of Health and Georgia Cooperative Extension Service, not dated.

Format: 1 sheet, folded

Source: DeKalb County Health Dept., WIC Program, 440 Winn Way, Suite 201, Decatur, GA 30030

Cost: Contact source for cost.

9th grade reading level/English

Abstract: Variations on traditional lunch sandwiches are offered including 3 recipes for sandwich fillings and 1 for bean soup. Suggestions for packing lunches and keeping them crisp and cold also are offered.

Descriptors: Brown bagger; Lunch; Recipes

Appraisal: Suggestions are imaginative and appealing, although limited in number.

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311 **Shopping Sense.** Ventura, CA, Ventura County Health Care Agency, 1980.

Format: 1 sheet, folded

Source: Ventura County Health Care Agency, 3147 Loma Vista Road, Ventura, CA 93009

Cost: Single copy free. Send self addressed stamped envelope.

6th grade reading level/English and Spanish

Abstract: Guidelines for food purchasing include general shopping tips for all foods and also specific suggestions for foods from each of the Basic 4 food groups. Seasonal availability of fruits and vegetables is listed.

Descriptors: Food purchasing; Seasonal availability of foods; Food groups

Appraisal: Suggestions are helpful and pertinent, although nonfat dry milk is not mentioned. Spanish ethnic foods are included. Close brown print on peach paper is double-spaced but lengthy text reduces readability.

312 **Smart Food Shopping Makes Sense.**
Denver, Colorado Dept. of Health, 1980.

Format: 1 sheet, multifolded

Source: Colorado Dept. of Health, Nutrition Services/WIC, 4210 East 11th Ave., Denver, CO 80220

Cost: Free within Colorado; single copy free outside state; permission to reproduce. Send self addressed stamped legal size envelope.

7th grade reading level/English and Spanish

Abstract: Money saving shopping tips and nutrient-retaining cooking methods are presented. Discussion of each of the Basic 4 food groups includes recommended servings and the most economical food values.

Descriptors: Consumer education; Food purchasing; Basic Four, Nutritional labeling, Unit pricing

Appraisal: Attractive format, good organization and excellent information make this an appealing and useful publication.

USE OF WIC FOODS

313 **Enjoy A Raw Vegetable Every Day.**
Jackson, MS, Mississippi State Board of Health, not dated.

Format: Poster

Source: Mississippi State Board of Health, WIC Program, 2906 North State Street, Suite 600, Jackson, MS 39216

Cost: Single copy free to state programs.

Minimal text/English

Abstract: A brightly colored poster shows an animated sun with arms outstretched toward a circle of 12 raw vegetables: carrots, cabbage, squash, celery, cauliflower, potatoes (white and sweet), lettuce, turnips, green peppers, tomatoes, radishes, and cucumbers. The message states: "Enjoy a raw vegetable every day."

Descriptors: Instructional aids; Elementary grades; Vegetables

Appraisal: Beautiful, eye-catching poster.

314 **Instant Nonfat Dry Milk.**
Nashville, TN, Tennessee Dept. of Public Health, not dated.

Format: 1 sheet, folded

Source: Tennessee Dept. of Public Health, Ben Allen Road, Nashville, TN 37216

Cost: Single copy free.

6th grade reading level/English

Abstract: Ways to use nonfat dry milk in preparing different foods are outlined. Proper storage and reasons for use of dry milk are discussed briefly.

Descriptors: Instant nonfat dry milk; Milk; Recipes

Appraisal: The chart format enhances clarity; many good ideas are given.

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315 **M Is For Milk.** Jackson, MS, Mississippi State Board of Health, not dated.

Format: Poster

Source: Mississippi State Board of Health, WIC Program, 2906 North State Street, Suite 600, Jackson, MS 39216

Cost: Single copy free to state programs.

Minimal text/English

Abstract: A bright, multi-colored poster on heavy paper depicts a milk bottle with arms and legs. The message states: "M is for Milk...Drink it every day with fruit, vegetables, meat and eggs." Pictures of these foods also are shown.

Descriptors: Instructional aids; Elementary grades; Milk; Food groups

Appraisal: Beautiful, eye-catching poster makes useful points.

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316 **Nutrients in WIC Foods.** Richmond, VA, Virginia Dept. of Health, 1980.

Format: 1 sheet, folded

Source: Virginia Dept. of Health, WIC Program, 823 East Main Street, Room 200, Richmond, VA 23219

Cost: Free within Virginia; outside of Virginia distribution limited to state agencies.

Minimal text/English and Vietnamese

Abstract: WIC foods are identified; the nutrients they contain and their functions are listed.

Descriptors: WIC program; Nutrient sources; Nutrient functions

Appraisal: Information is clearly presented, although simplistic; riboflavin is listed for cereal and not for milk; iron fortified infant cereal lists only vitamin D and iron.

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317 **Why Does WIC Allow Cheese?** Austin, TX, Texas Dept. of Health, not dated.

Format: 1 sheet, two-sided.

Source: Texas Dept. of Health, 1100 West 49th Street, Austin, TX 78756

Cost: Free within Texas; single copy free outside of Texas. Permission to reproduce if credit given to source.

6th grade reading level/Bilingual (English and Spanish)

Abstract: WIC-approved cheeses are pictured on the left. A character below describes the nutrients provided and their functions. Cheese foods and spreads are pictured on the right and are covered by a red X. The character underneath explains why some products are not as nutritious as WIC-allowed foods. The text is printed in Engish on one side and in Spanish on the other.

Descriptors: WIC program; Cheese; Nutrient sources

Appraisal: The main point is clearly made by illustrations that amplify the text, which is presented in small print.

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318 **Why Does WIC Allow Specific Unsweetened Fruit Juices?** Austin, TX, Texas Dept. of Health, not dated.

Format: 1 sheet, two-sided.

Source: Texas Dept. of Health,
1100 West 49th Street, Austin, TX
78756

Cost: Single copy free.
Permission to reproduce with credit given to source.

7th grade reading level/Bilingual (English and Spanish)

Abstract: Several WIC-approved juices are pictured on the left side of the page and those not allowed are pictured on the right side, crossed out by a red X. Two characters exchange information about the juices. The character under the WIC-approved products describes the functions of the vitamn C found in the juices allowed. Another character discusses the lack of copper and zinc (and high content of non-nutritive additives) in fruit drinks. One side is printed in English, the other side in Spanish.

Descriptors: WIC program; Juices; Nutrient sources

Appraisal: The main point is clearly made by illustrations that amplify the text, which is presented in small print.

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319 **WIC Food Series: Milk, Cheese, Eggs, Juice, Cereal.** Albany, NY, New York State Dept. of Health, not dated.

Format: Set of 5 folders with inserts

Source: New York State Dept. of
Health, Bureau of Nutrition, WIC,
Empire State Plaza, Tower Building,
Room 840, Albany, NY 12237

Cost: Free within New York; single copy free outside of New York; for bulk order prices, contact Health Education Service, Inc., Box 7126, Albany, NY 12224.

5th grade reading level/English and Spanish

Abstract: Individual folders for each food group provide several recipes using at least 1 WIC food. Recipes vary as to type of food and amount of preparation time required. The inserts review which foods can and cannot be purchased through WIC.

Descriptors: WIC program; Recipes; Milk; Cheese; Eggs; Juices; Breakfast cereals

Appraisal: Dramatic, appealing folders in the shape of foods or food containers present accurate and useful information. These are exceptional.

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320 **WIC Food Wheel.** Healdsburg, CA, Alliance Medical Center, not dated.

Format: 1 round wheel, 7-1/2".

Source: WIC Program, Alliance
Medical Center, Box 116 Windsor, CA
95492

Cost: Single copy free. Send self addressed stamped 8" x 11" envelope. Limited number available.

Minimal text/English and Spanish

Abstract: A food wheel, arranged by food group with recommended number of servings, has a second smaller wheel superimposed on it. The second wheel has 3 figures (a pregnant woman, a breastfeeding woman, and an infant); the second wheel rotates and intersects with each food group to show recommended number of servings from that group.

Descriptors: Food groups; Food intake

Appraisal: A unique and appealing self-instructional aid that the client could put together and take home.

321 **WIC Foods Help Series: Beans, Cereal, Cheese, Eggs, Juice, Milk.** Richmond, VA, Virginia Dept. of Health, WIC Program, 1980.

Format: Set of 6, each 1 sheet, folded

Source: Virginia Dept. of Health, WIC Program, 823 East Main Street, Room 200, Richmond, VA 23219

Cost: Free within Virginia; distribution outside of Virginia limited to state agencies.

4th grade reading level/English

Abstract: One leaflet for each WIC food group identifies approved products, describes the nutrients available from that food and their functions. Food buying, preparation, and storage tips along with ways to incorporate WIC foods into the diet are listed.

Descriptors: WIC program; Breakfast cereals; Cheese; Eggs; Juices; Milk

Appraisal: A variety of helpful, appealing ideas for using WIC foods in combination with accurate nutrition information makes this a useful series.

AUDIOVISUALS

322 **WIC Food Groups.** Atlanta, Kuona, Ltd., 1978.

Format: 7 minute slide set with cassette

Source: Kuona, Ltd., 1303 Spring Street, Atlanta, GA 30309

Cost: $55.00 each.

English

Abstract: A pregnant woman in the WIC program learns about the benefits of eating WIC foods. Real foods (milk, cheese, eggs, cereal, and fruit juices) have been given faces: they describe their nutritional contribution to a pregnant woman's diet. Cartoons and graphics further illustrate the nutritional message.

Descriptors: Instructional media; Prenatal education; WIC program; Program participants

Appraisal: Clever presentation of the benefits of the WIC program.

SNACKS

323 **Eat, Drink, And Be Merry.** Lincoln, NE, Nebraska State Dept. of Health, not dated.

Format: 1 sheet, folded

Source: Nebraska State Dept. of Health, Nutrition Division, 301 Centennial Mall South, P.O. Box 95007, Lincoln, NE 68509

Cost: Single copy free.

Minimal text/English

Abstract: Snack foods are listed in 4 categories: Juicy, Crunchy, Thirsty, and Really Hungry. Ideas for promoting healthy dental habits include learning to read labels for the many names of sugar, and limiting the number of snacks each day.

Descriptors: Snack foods; Dental health; Sugar

Appraisal: A new slant, dental health, is added to an old snack theme: Juicy, Crunchy, Thirsty, Really Hungry snacks. The title is misleading, but the information is good. The titles are bold, but the text is in faint red print, not easy to read.

324 **Good Snacks To Get You Where You're Going!** Denver, Colorado State Health Dept., 1960.

Format: Poster

Source: Colorado State Health Dept., Nutrition/WIC, 4210 East 11th Avenue, Denver, CO 80220

Cost: Contact source.

Minimal text/English

Abstract: The bed of a pickup truck is filled with colorful illustrations of nutritious snacks in this fanciful poster. Some of the foods are: juice, peanut butter, fruit, raisins, and cheese.

Descriptors: Snack foods; Low calorie foods

Appraisal: The idea of this attractive poster is not immediately apparent. The snack foods shown are nutritious, but limited in number.

325 **The Snack Sheet.** Dallas, TX, City of Dallas Health Dept., 1980.

Format: 1 sheet, multifolded

Source: WIC Project 07, City of Dallas Health Dept., 2922-B Martin Luther King, Jr., Boulevard, Dallas, TX 75215

Cost: Single copy free. Send self addressed stamped envelope.

7th grade reading level/Bilingual (English and Spanish)

Abstract: The reasons for snacking are mentioned briefly. Reminders to choose snacks from the Basic 4 food groups and to choose raw vegetables and fruits if the child is overweight are included. Snack foods are listed in 5 groups (Really Hungry, Thirsty, Smooth, Crunchy, and Juicy) with WIC foods starred.

Descriptors: Snack foods; Basic Four; Low calorie foods

Appraisal: Many snack foods are listed, including Spanish ethnic foods. The suggestion is given to tape the sheet to the refrigerator, but a lot of information is presented in a small space and the snack foods are in small print.

326 **Snacks.** Austin, TX, Texas Dept. of Health, not dated.

Format: 1 sheet, multifolded

Source: Texas Dept. of Health, 1100 West 49th Street, Austin, TX 78756

Cost: Single copy free. Permission to reproduce if credit given to source.

9th grade reading level/Bilingual (English and Spanish)

Abstract: The reasons snacks are important for children are given. Reminders to pick snacks from the Basic 4 food groups and to eat raw vegetables and fruits if overweight, are included. Snacks are listed in 5 categories: Juicy, Smooth, Really Hungry, and Crunchy. Food illustrations identify foods from the 4 food groups. A recipe for a snack mix using WIC cereals and a list of foods to avoid are given.

Descriptors: Snack foods; Basic Four; Low calorie foods

Appraisal: Many nutritious snack foods are listed. There is no mention of timing snacks so they won't interfere with meals. This is the same publication as "Snacks" by Oklahoma State Department of Health (listed below), except that it has different illustrations and the text is in English and Spanish.

327 **Snacks.** Oklahoma City, OK, Oklahoma State Dept. of Health, 1980.

Format: 1 sheet, folded

Source: Oklahoma State Dept. of Health, 1000 Northeast 10th, P.O. Box 53551, Oklahoma City, OK 73152

Cost: Single copy free.

9th grade reading level/English

Abstract: The reasons snacks are important for children are given. Reminders to pick snacks from the Basic 4 food groups and to eat raw vegetables and fruits if overweight are included. Snacks are listed in 5 categories: Juicy, Smooth, Really Hungry, Thirsty, and Crunchy. Food illustrations identify foods from the 4 food groups. A recipe for a snack mix using WIC cereals and a list of foods to avoid are given.

Descriptors: Snack foods; Basic Four; Low calorie foods

Appraisal: Many nutritious snack foods are listed. There is no mention of timing snacks so they won't interfere with meals.

328 **Snacks.** Portland, OR, Oregon State Health Division, not dated.

Format: 1 sheet, folded

Source: Oregon State Health Division, WIC Program, Box 231, Portland, OR 97207

Cost: Single copy free.

Minimal text/English

Abstract: A cleverly illustrated pamphlet contains lists of nutritious snacks. Categories include: Juicy, Crunchy, Thirsty, Hungry, and High Iron Content.

Descriptors: Snack foods; Iron

Appraisal: Many delicious snack foods are listed in an easy-to-see format with amusing illustrations.

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329 **Your Snacks: Chance Or Choice?** Chicago, National Dairy Council, 1978.

Format: Poster

Source: National Dairy Council, Rosemont, IL 60018.

Cost: Contact source.

9th grade reading level/English

Abstract: A colorful photograph depicts assorted foods (attractively displayed on 1 side); text on the reverse gives advice on how to choose snacks from the Basic 4 food groups.

Descriptors: Food guides; Food groups; Dental health; Snack foods; Low calorie foods; Energy requirements

Appraisal: The ideas are excellent, but not quickly apparent from the photograph or the lengthy text.

AUDIOVISUALS

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330 **Snacks...The Food You Hate To Love.** Palatine, IL, Learning Seed Company, 1980.

Format: 2 filmstrips with cassettes (total time: 25 minutes)

Source: The Learning Seed Company, 145 Brentwood Drive, Palatine, IL 60067

Cost: $52.00 (includes 35 copies of study poster and 1 teaching guide).

English

Abstract: Our TV culture teaches kids to demand sugary foods for snacks. Since snacking is a learned behavior, bad snacking habits (leading to dental caries or overweight) can be unlearned. Eating often, in moderate amounts, is not unhealthy from a nutritional point of view, if healthy snack foods are chosen. Sugar is the most widely used ingredient in snacks. Alcohol, beer, candy, and ice cream provide lots of calories but few vitamins and minerals. On a scale of 0 to 10, coffee with sugar and cream rates a zero as compared to cantelope, whose high nutrient value rates a 10. Nutritious snack alternatives include raisins, dry and fresh fruits, yogurt, and popcorn (without much butter or salt). Frozen fruits packed without added sugar are better than canned fruits in sugary syrup. Unsalted nuts are an excellent source of protein but are high in calories and saturated fat; 5 oz. of potato chips provide over 1 gram of salt plus fat. Americans drink up to 36 gallons of soft drinks a year; fruit juices or bottled mineral waters make much better snack choices.

Descriptors: Instructional media; Snacks; Snack foods; Nutrition education; Diet improvement; Food selection; Consumer education; Nutrient density; Nutrient values; Nutrient quality; Food habits

Appraisal: The information is appropriate for any audience since poor snacking is a widespread problem. The interesting style makes the long presentation bearable; recommmended for 2 sessions, however.

PROGRAM OUTREACH

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331 **Food And Health.** Burlington, VT, Vermont Dept. of Health, not dated.

Format: Poster with 1-page handout and tear-off postcard

Source: WIC Program, Vermont Dept. of Health, 115 Colchester Avenue, Burlington, VT 05401

Cost: Contact source.

Minimal text/English

Abstract: Multicolored, glossy mini-poster describes WIC Services, and lists district offices and their phone numbers in Vermont. A tear-off postcard states that eligibility is based on income and nutritional needs and allows client to request more information and/or an application. A larger poster with the same illustration advertises the Special Supplemental Food Program for Women, Infants and Children and a toll-free telephone number for the Vermont Dept. of Health.

Descriptors: WIC program; Pregnant women; Lactating women

Appraisal: A unique and appealing instrument for outreach.

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332 **How WIC Helps; Eating For You And Your Baby.** Alexandria, VA, USDA/Food and Nutrition Service, 1981.

Format: 6 page booklet

Source: Office of Public Information, USDA/FNS, Alexandria, VA 22302

Cost: Free.

4th grade reading level/English (#1198) and Spanish (#1198S)

Abstract: A promotional booklet explains why diet is important during pregnancy and lactation. WIC foods, the nutrients they provide, and the functions of the nutrients are described along with suggestions on integrating these foods into the diet. A food guide lists the 4 food groups (with examples) and numbers of daily recommended servings during pregnancy and lactation. Recipes and snack suggestions also are provided. Advice on obtaining financial aid for food expenses is offered. Illustrations include black and white photographs of foods and (multi-ethnic) mothers and babies.

Descriptors: Pregnant women; Lactating women; WIC program; Basic Four; Nutrient sources; Nutrient requirements; Adult nutrition education

Appraisal: A good motivational and informative tool; the format is attractive and interesting.

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333 **If You Are Pregnant...Contact The WIC Program.** Sacramento, CA California State WIC Program, not dated.

Format: Poster

Source: WIC Program, 714 P Street, Sacramento, CA 95814

Cost: Contact source.

Minimal text/English and Spanish

Abstract: Photograph (of an Hispanic mother) and silhouette (of a black mother and baby) are pictured with message: "If you are pregnant, breastfeeding, or your child is under 5, you may qualify for a special food, health and nutrition education program...contact the WIC Program." Space is provided for phone number and other pertinent information.

Descriptors: WIC program; Pregnant women; Lactating women

Appraisal: Appropriate for multi-ethnic outreach.

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334 **Special Supplement Food Program For Women, Infants And Children.** Lincoln, NE, Nebraska State Dept. of Health, 1980.

Format: 1 sheet, folded

Source: WIC Program, Nebraska State Dept. of Health, Nutrition Division, P.O. Box 95007, Lincoln, NE 68509

Cost: Free within Nebraska; single copy free outside of Nebraska.

7th grade reading level/English

Abstract: Three questions are answered briefly: "What is WIC?" defines the program and its purpose; "Can I join WIC?" lists eligibility requirements; and "What will I receive?" describes special foods, nutrition education and health care services available through WIC.

Descriptors: WIC program

Appraisal: Well organized format with line drawings of foods supporting the clean, clear text.

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335 **Welcome To WIC.** Austin, TX, Texas Dept. of Health, not dated.

Format: 1 sheet, multifolded

Source: Texas Dept. of Health, 1100 West 49th Street, Austin, TX 78756

Cost: Single copy free. Permission to reproduce with credit given to source.

4th grade reading level/English and Spanish

Abstract: The WIC Program services and WIC Food Cards are described briefly for potential clients. Instructions are given for where and how to use WIC cards. Nutrients in WIC foods and their functions are identified and illustrated. Responsibilities of participants and termination of eligibility are outlined.

Descriptors: WIC program; Program participants

Appraisal: Provides well-organized information useful for explaining the WIC program to new participants.

---

336 **Welcome To WIC.** Sacramento, CA, WIC Supplemental Food Section, not dated.

Format: 8 page booklet

Source: WIC Supplemental Food Section, 714 P Street, Room 323, Sacramento, CA 95814

Cost: Single copy free.

7th grade reading level/English, Spanish, and Vietnamese

Abstract: Services and target groups of the WIC program are briefly described. WIC vouchers and how and where to use them are explained. WIC foods, the nutrients they provide, and the functions of those nutrients are identified. Conditions under which WIC eligibility terminates for women, children and all participants in general are explained.

Descriptors: WIC program; Nutrient sources

Appraisal: Pocket-sized, well-organized and attractively illustrated, this is a handy guide to the WIC program.

---

337 **What Is WIC?** Columbus, OH, Ross Laboratories, 1979.

Format: 5 page booklet

Source: Ross Laboratories,
625 Cleveland Avenue,
Columbus, OH 43216

Cost: Free.

7th grade reading level/English and Spanish

Abstract: Services and eligibility requirements of the WIC program are described. A chart lists maximum monthly amounts of foods provided for either an infant or child and eligible women. Nutrients provided by WIC foods, their sources and physiological functions are listed. Women are encouraged to use WIC and other health clinic services listed.

Descriptors: WIC program; Program participants; Nutrients

Appraisal: A simply stated explanation of WIC; brief mention is made of publisher's

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338 **WIC Can Help You And Your Babies.** Philadelphia, PA, Wyeth Laboratories, 1980.

Format: 1 sheet, multifolded

Source: Wyeth Laboratories, P.O.
Box 8299, Philadelphia, PA 19101

Cost: Free.

6th grade reading level/English and Spanish

Abstract: The WIC program services and the foods provided are described. Nutrients in WIC foods, their relation to health, eligibility requirements and the effects on other public assistance is discussed in a question and answer format.

Descriptors: WIC program; Program participants; Food groups

Appraisal: Question and answer format, color and illustrations make this an attractive resource. Sponsor's product is mentioned on the last page.

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339 **WIC Facts To Follow For Good Nutrition.** Evansville, IN, Mead Johnson and Company, 1980.

Format: 1 sheet, two-sided

Source: Mead Johnson Nutritional
Division, 2404 Pennsylvania
Avenue, Evansville, IN 47221

Cost: Free.

6th grade reading level/English

Abstract: A double sided sheet offers a meal plan using WIC foods and a brief description of several points to remember in bold print: importance of milk and cheese for bones and teeth, infant's need for breastmilk or formula for the first year, avoidance of cow's milk in the first year, introduction of solids delayed until 4-6 months, and children's need for 3 good meals per day. Three lined spaces are provided for individualized instruction.

Descriptors: WIC program; Program participants; Foods instruction

Appraisal: This short hand-out offers brief general instructions and provides space to write specific directions.

---

340 **WIC Food Bag...What's In It For You?** by Bobbette Cary, Barbara Coely, Jacquelyn Nelson. Atlanta, Georgia Dept. of Human Resurces, not dated.

Format: 1 sheet, multifolded

Source: Georgia Dept. of Human
Resources, Office of Nutrition, Room
354-S, 47 Trinity Avenue, Atlanta,
GA 30334

Cost: Single copy free.
Permission to reprint with credit given to source.

5th grade reading level/English

Abstract: Foods provided by the WIC program, the major nutrients they contain and their function are briefly described in an easy-to-read format. Print and illustrations are large, and the paper has the color and texture of a brown shopping bag.

Descriptors: WIC program; Pregnant women; Lactating women

Appraisal: Storybook illustrations enhance the appeal of this outreach tool.

---

341 **WIC: For The Food You Need When You Need It Most.** Albany, NY, New York State Dept. of Health, not dated.

Format: Poster

Source: New York State Dept. of Health, Bureau of Nutrition, WIC Program, Empire State Plaza, Tower Building, Room 840, Albany, NY 12237

Cost: Single copy free from source; for bulk order prices, contact Health Education Service, Inc., Box 7126, Albany, NY 12224.

4th grade reading level/English and Spanish

Abstract: Brightly colored pictures of foods illustrate a poster for general use; WIC program goals and eligibility rules are presented. The written message directs the client to the local health department for additional information.

Descriptors: WIC program; Instructional aids

Appraisal: A striking poster, to be used in combination with the beautiful booklet, also from New York state.

---

342 **WIC Participant Handbook.** Madison, WI, Wisconsin Dept. of Health and Social Services, 1980.

Format: 14 page booklet

Source: Wisconsin WIC Program, Division of Health, Dept. of Health and Social Services, P.O. Box 309, Madison, WI 53701

Cost: Free within Wisconsin; camera-ready copy only outside of Wisconsin.

8th grade reading level/English and Spanish

Abstract: The WIC program is defined and described for potential clients. Complete eligibility and certification requirements, rights, responsibilities, and graduation criteria of participants are clearly presented. Also included are explanations of WIC foods (their nutrients and functions), the Basic 4 food groups, and what the client can expect from the nutrition education program.

Descriptors: WIC program; Basic Four; Nutrient sources

Appraisal: An appealing and thorough presentation of information needed by WIC participants. Childlike drawings with multi-ethnic representation enhance the lengthy text.

---

343 **WIC: Special Supplemental Food Program for Women, Infants, And Children,** DSHS 22-51. Olympia, WA Department of Social and Health Services, not dated.

Format: 1 sheet, multifolded

Source: Dept of Social & Health Services, WIC Program, Airdustrial Park, LC-12C, Olympia WA 98504

Cost: Up to six copies free to WIC programs.

7th grade reading level/English

Abstract: The WIC supplemental food program, its services, and eligibility requirements are described. Nutrients provided by WIC foods and their functions are listed. The appearance, use and limitations of WIC vouchers are explained. Foods provided by WIC are illustrated and rationale for vouchers explained.

Descriptors: WIC program; Program participants; Foods instruction

Appraisal: Some information is specific to Washington, but format and illustrations could be adapted for other use.

344 **WIC Supplemental Food Program For Women, Infants, And Children.** Richmond, VA, Virginia Dept. of Health, 1980.

Format: 1 sheet, multifolded

Source: Virginia Dept. of Health, WIC Program, 823 East Main Street, Richmond, VA 23219

Cost: Free within Virginia; distribution outside of Virginia limited to state agencies.

10th grade reading level/English, Vietnamese, Laotian, Cambodian, Haitian and Spanish

Abstract: Question and answer format describes what WIC is, what foods are provided and why. Eligibility requirements and length of time clients can remain in WIC are explained. Nutritional counseling and education services are listed, along with what effect participation in WIC would have on other public assistance benefits. A food guide lists the number of servings needed (from the Basic 4 food groups) when pregnant and when breastfeeding.

Descriptors: WIC program; Lactating women; Pregnant women; Basic Four

Appraisal: Well-organized format with lengthy text. Figures are appropriate for multi-ethnic outreach.

AUDIOVISUALS

345 **The Unfinished Child.** Chicago, Abbott Labs, 1978.

Format: 28 minute motion picture

Source: National March of Dimes, Attn: Material & Supplies Dept., 1275 Mamaroneck Avenue, White Plains, NY 10605

Cost: $135.00.

English

Abstract: The drastic effects of poverty and malnutrition on child development are delineated. Low income women often have infants with low birth weights because they can't afford to purchase nutritious foods. Low birth weight correlates not only with infant mortality, but also with learning disabilities and mental retardation. However, nurse practioners can ensure that pregnant women eat food that is inexpensive and nutritious. Supplemental feeding programs and voucher systems provide low income women with the funds to purchase such foods.

Descriptors: Instructional media; Malnutrition; Child development; Low birth weight; WIC program

Appraisal: Good documentary on malnutrition and its effects on children as well as the possible benefits of the WIC program. Could be effective for outreach program. Not recommended for use with WIC participants.

346 **What Is WIC?** Atlanta, GA, Kuona, Ltd., and Georgia State WIC Program, 1978.

Format: 8 minute slide set with cassette

Source: Kuona, Ltd., 1303 Spring St., NW, Atlanta, GA 30309

Cost: $55.00 each.

English

Abstract: A pregnant woman and her child going for a health check up at a clinic are oriented with the WIC program. The rationale for eating nutritous foods and receiving good health care is outlined. The eligibility guidelines including risk factors such as anemia, overweight, underweight, poor weight gain or growth and previous premature babies are explained. A description of WIC foods and how they can be used for the participant's diet is described.

Descriptors: WIC program

Appraisal: Could be good orientation for potential WIC participants; would need to be adapted some for use by local WIC clinics.

Appendix A:

Guidelines for Evaluating Nutrition Education Materials

GUIDELINES FOR EVALUATING NUTRITION EDUCATION MATERIALS
(For use in completing the MATERIALS EVALUATION WORK SHEET)

Description

I. *Title:* Write the complete title of the material. If several items are included in one set of the material, list the name of each item.

II. *Author:* List the name of address of the agency, organization, company, person or persons who developed the materials. If several authors are given, list the first two authors.

III. *Publisher:* List the name and address of the individual or group who printed or produced multiple copies of the material. Include date of publication.

IV. *Source:* Fill in this section if the publisher is not the distributor. Include name and address of agency, organization, company, or person(s).

V. *Cost:* Indicate cost per item. If bulk rates apply, indicate cost per number of copies.

VI. *Format:*

1. *Type:* Identify material type from the following list:
   Medium:

   a. *Print*
      - single page
      - pamphlet (4 pages or less)
      - booklet
      - comic book
      - poster
      - workbook
      - lesson plan or leader's guide
      - flipchart
      - other (e.g., newsletter, etc.)

   b. *Audiovisuals*
      - film
      - slides
      - filmstrip(s)
      - videotape
      - audiocassette(s)
      - record(s)
      - game
      - transparencies
      - learning kit

2. *Size:* Indicate size in inches (example: 8-1/2" X 11")

3. *Length:* Number of pages; length of film, cassette, etc. (example: 23 minutes)

VII. ***Reading level/Language:***

1. ***Reading level***

HOW TO USE THE FRY GRAPH

Edward Fry, "Readability Formula That Saves Time." *Journal of Reading* Vol. II, No. 7 (April 1968): pp 513-516; 575-78.

a. Select one 100-word passage at random. Skip all numbers (unless they are written out) and all proper nouns.

Note: For the purpose of the WIC/CSFP materials evaluation the sampling procedure has been adapted to the type of materials. We are using only one 100 word sample since there is limited text. If text is less than 100 words or if text consists of brief sections, use 50 words and double results. If results seem inconsistent with the nature of the material do at least one more sample and average the results.

b. Count the total number of sentences in the hundred word passage (estimating to the nearest tenth of a sentence).

c. Count the total number of syllables in a hundred word sample. There is a syllable for each vowel sound; for example: cat (1), blackbird (2), continental (4). It may be convenient to count every syllable over one in each word and add 100.

d. Plot on the graph the number of sentences per 100 words and the number of syllables per hundred words. Most plot points fall near the heavy curved line. Perpendicular lines mark off approximate grade level areas.

e. Plotting these numbers on the graph we find that they fall in the 7th grade area: hence, the material is about 7th grade difficulty level. If great variability is encountered either in sentence length or in the syllable count for the three selections, then randomly select more passages and average them in before plotting.

EXAMPLE:

Sentences per 100 words 9

Syllables per 100 words *144*

Reading level is *7th.*

When there is sufficient text, complete calculation for each printed material and fill in blanks on evaluation sheet.

2. ***Language:*** Indicate if the material is written in English, Spanish, or another language. If the material is available in more than one language, check as many as applicable. Specify any "other" language.

VIII. *Ethnic group(s):* When reading through material put a mark each time a specific ethnic group is pictured or mentioned. Calculate percent. Indicate if one ethnicity dominates material. Put on work sheet.

Caucasian Black Hispanic Native American Indiscernable Other

IX. *Target audience:*

1. *Type:* Identify as many audience types as are appropriate. Specify the age for children if they are the intended audience. If the intended audience is staff, identify all appropriate staff and indicate the profession.

Examples:

Participants-	*Professionals-*	*Paraprofessionals-*
Caretakers of infants	Nutritionist	Nutrition aide
Caretakers of children	Nurse	Clerk
Pregnant women	Physician	Teacher's aide
Lactating women	Teacher	
Postpartum women	Health educators	

X. *Intended use: After reviewing the information, check the appropriate use or uses for the material. Indicate whether the material is intended as a teaching tool or guide for patient education (to be used by an instructor), for self-instruction (i.e. handout), or for informational/outreach purposes (i.e., how WIC works).*

XI. *Objective Rating* (Note: The Not Applicable (NA) category should be used only when the other ratings cannot be applied fairly):

1. *Readability:* If there is minimal text, read the entire publication. Choose twenty sentences in the main body of the text in two different sections and rate each readability factor.

   a. Writing approach and style:

      Superior- Written in a positive and personal style; an average of one or no instances of negative wording (e.g., "don't eat...").

      Adequate- Average of two instances of negative wording; detached approach.

      Poor- Average of three or more instances of negative wording or highly emotional writing style.

b. *Definitions for technical words:*

Superior- No technical terms used, or definitions found for two or less of the technical terms used.

Adequate- Three to five technical terms found, with definitions.

Poor- No definitions for technical terms used, or more than five technical terms used.

c. *Reading level:*

Superior- 6th grade level or less

Adequate- 7th or 8th grade

Poor- 9th grade or higher

2. *Format*

a. *Paper quality:*

Superior- Print from one side is not distracting when reading other side.

Poor- Print seen through paper is distracting and/or high gloss paper is used.

b. *Print size:*

Superior- print is greater than 11 point type.

Adequate- Print is between 10 to 11 point type.

Poor- Print is 9 point type or smaller.

c. *Placement of illustrations, tables, and/or charts:*

Superior- All tables, charts and illustrations are on the same pages as their textual references.

Adequate- Most (at least three-fourths) of the tables, charts and illustrations are on the same page as their textual references.

Poor- Most of the tables, charts and illustrations are not on the same page as their textual references.

d. *Ease of reading tables and graphs:* (characteristics referred to in operational definition)

— Tables and graphs are as simple and easy to read as possible; and

— All information needed in graphs and tables is provided in a form requiring no further explanation.

Superior- The characteristics described above are observed in all tables and graphs.

Adequate- The characteristics described above are observed in most (at least three-fourths) of the tables and graphs.

Poor- The characteristics described above are not observed in most of the tables and graphs.

e. *Purpose and overall use of illustrations:*

Superior- Illustrations are plentiful and convey pertinent information.

Adequate- Illustrations are sufficient in number to relieve monotony and they complement text or stimulate interest.

Poor- There are few or no illustrations and/or inappropriate illustrations (e.g., too complex, bad taste, dated apparel, distracting, too abstract).

f. *Eye catching appeal of material:*

Superior- Color of material is attractive, print is easily read (light print on dark paper, dark print on light paper) and title or illustrations stimulate interest.

Adequate- Color of material is attractive, print is easily read, but title or illustrations do not stimulate interest.

Poor- Color is not attractive and/or print is not easily read.

3. *Instructional aids:*

a. *Chapter and/or paragraph headings or typographic cueing*

Superior- clear headings provided for each new topic area bold face type, italics, boxes, etc., are used to empasize new terminology, questions, or important information.

Adequate- topic headings are not clear or visually differentiated and/or are provided for some but not for all topic areas.

Poor- few or no topic headings provided or variation in size or type of print.

b. *Reference and resources:*

Superior- references and resources contain up-to-date information and are listed consistently and completely.

Adequate- references and resources incomplete but usable (e.g., failure to include publication dates, failure to give credit to contributing agencies or persons).

Poor- references or resources are incomplete and usable, or inappropriately omitted.

c. *Learning experiences, questions, or projects:*

Superior- material includes a variety of stimulating and practical learning experiences, and/or questions, and/or projects, and/or suggestions for further action that will challenge the reader. (e.g., "Keep a record of foods you eat in the next twenty-four hours", "Ask your nutritionist where you can buy...").

Adequate- material mentions appropriate learning experiences, and/or questions, and/or projects, and/or suggestions for further action that the reader can follow through on.

Poor- material does not mention any, or mentions unrealistic or inappropriate learning experiences, and/or questions, and/or projects, and/or suggestions for further action.

4. *Stereotyping:*

a. *Minority representation in text or illustrations:*

Superior- Racial, ethnic, and religious groups and role models of males and females (no sexist language included) are represented in a scholarly, factual manner, showing a variety of roles, occupations and values reflective of a pluralistic society.

Adequate- material does not portray any outright negative stereotype concerning males, females, or any racial, ethnic, or religious group.

Poor- inclusion of any negative stereotype concerning males, females, or any racial, ethnic or religious group.

b. *Lifestyles and/or culture presented in a positive way:*

Superior- material strongly emphasizes the legitimacy of a variety of acceptable values, and/or practices, and/or food patterns representative of different lifestyles, cultures, and socioeconomic levels through text and illustrations.

Adequate- material reflects but does not emphasize the legitimacy of a variety of acceptable values, and/or practices, and/or food patterns representative of different lifestyles, cultures, and socio-economic levels through text and illustrations.

Poor- material does not address the legitimacy of a variety of acceptable values, and/or practices, and/or food patterns representative of different lifestyles, cultures, and socioeconomic levels through text and illustrations.

5. *Content:*

a. *Accuracy and comprehensiveness of content:*

See separate content worksheets.

Superior- information is accurate, up to date and the topic is covered completely.

Adequate- Information is accurate; however there are a few (3 or less) minor points that are disputable, not up to date or not covered.

Poor- Information contains major inaccuracies, is out of date or the topic is incompletely covered.

b. *Organization of material:*

Superior- material organized, and major points presented clearly, internal organization provides a smooth, continuous flow of ideas, and no assumptions of background information are made.

Adequate- material is easy to read but not all major points are easily identified; sequence may not flow smoothly in all sections; and/or author assumes the reader has some background information.

Poor- material is illogically organized, and most major points are not easily identified; internal organization does not flow from one idea to the next; and/or the author assumes the reader has a wealth of background information.

c. *Summarization and review of concepts:*

Superior- all major ideas summarized or reviewed to reinforce key concepts; summaries easily identified.

Adequate- some major ideas summarized; not consistently identified.

Poor- no or few major ideas reviewed or summarized.

d. *Needs and interests of intended audience kept in mind:*

Superior- material solely directed toward special needs and interests of intended audience.

Adequate- material written for a general audience, with remarks or sections on the special needs and interests of intended audience included.

Poor- material does not consider the special needs and interests of intended audience or does so in a condescending manner.

e. *Identification of sponsor bias or promotion:*

Superior- Identification only (1-3 times).

Adequate- Occasional use (3-5) times and in conjunction with other products or viewpoints.

Poor- Frequent use or excessive use to exclusion of other similar products or viewpoints.

6. *Instructional guidance (For materials that guide staff):*

a. *Objectives:* Material that has stated objectives or purposes, describes outcomes, student behavior, and learning to be expected from participation in the activity or study. The objectives include statements of awareness, knowledge, or skills to be gained.

Superior- Objectives are stated for each lesson or activity and have measurable outcomes.

Adequate- Objectives are stated for the total material.

Poor- No objectives for the material.

b. *Time requirements of materials:*

Superior- Developer indicates time required to carry out activities, and time developer allots for activity is realistic.

Poor- No time frame indicated.

c. *Teaching approach:*

Superior- Involves the participant with discussion and activities involving cognitive, objective and psychomotor domains.

Adequate- Involves participants with discussion and activities in only one domain.

Poor- Doesn't involve the participant, only provides for rote learning.

d. *Evaluation:*

Superior- Evaluation methods are sugested and tool is provided.

Adequate- Evaluation methods are suggested.

Poor- No evaluation methods are described.

7. ***Audiovisuals:***

a. ***Length of presentation:***

Superior- less than 15 minutes

Adequate- between 15 and 25 minutes

Poor- 25 minutes or more

b. ***Subject matter permanence:***

Superior- up-to-date information presented or concepts that are widely accepted by the scientific community.

Poor- subject matter is out of date, misleading or doesn't have concurrance among scientists.

c. ***Manner of presentation:***

Superior- vocabulary, pacing of dialogue, amount of content and definition of technical terms appropriate for audience.

Poor- vocabulary, pacing of dialogue, and amount of content are inappropriate for audience or technical terms are undefined.

d. ***Visual appeal***

Superior- technical aspects (color, lighting, editing, use of camera) enhances presentation of content.

Poor- technical aspects detract from presentation (poor transitions, color and lighting washed out or too dark, etc.)

e. ***Auditory appeal***

Superior- clear speaker, good quality of sound, pace allows time for comprehension.

Poor- unintelligible speaker, distracting background noise, rapid pace of presentation.

REFERENCES

Published Sources

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Fry, E., "A Readibility Formula That Saves Time," *Journal of Reading*, 11:513-516, 575-578, April 1968.

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"Nutrition Education Clearinghouse Annotated Biblilography", May 1981.

containing the following:

Nutrition Education Materials Evaluation Summaryu Sheet

Evaluation of Written Nutrition Education Materials: A Guide

North Carolina Nutrition Education Clearinghouse

Nutrition and Dietary Services Branch

Division of Health Services

Raleigh, North Carolina 27602

"Criteria to Evaluate Written Materials," Marcy Anderson, December 1978 Professional Perspectives, The New York State Colleges of Human Ecology and Agricultural Life Sciences. *

"Evaluation for 'Print' Resources" and "Evaluation for 'Audiovisual' Resources", N.D., Nutrition Information and Resource Center, Pennsylvania State University. *

"Guide for Journal for Nutrition Education Book Reviewers", Jane Rubey, October 1976, Society for Nutrition Education.

"Instrument for Assessing Nutrition Education Materials", memorandum from Christine Wilscn, Project Coordinator, September 1981, Society for Nutrition Education. *

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* (Primary sources used in the development of the "Guidelines" and "Worksheet" for the *WIC/CSFP Nutrition Education Resource Guide)*

Appendix B:

Materials Evaluation Work Sheet

MATERIALS EVALUATION WORK SHEET

Date________________

Evaluator________

I. **TITLE:**

II. **AUTHOR:**

III. **PUBLISHER/DATE:**

IV. **SOURCE:**

V. **COST:** ________ each; ________ per ________ (bulk price)

VI. **FORMAT:**

Print

_____ single sheet
_____ pamphlet (4p. or less)
_____ booklet
_____ comic book

Number of pages____

_____ work book
_____ flipchart
_____ poster
_____ other (e.g., newsletter or text)
____

_____ lesson plan
_____ leader's guide

Audiovisuals

_____ *film*
_____ *slides*
_____ *filmstrip(s)*
_____ *transparencies*

Number of slides, length of film, etc. ________________

_____ *videotape*
_____ *record*
_____ *audiocassette(s)*
_____ *other*________________________________

_____ *learning kit*
_____ *game*

VII. **READING LEVEL/LANGUAGE:**

_____ grade reading level
sentences/100 words _______
syllables/100 words ________
_____ minimal text

_____ Other____________

_____ English
_____ Spanish

VIII. **ETHNIC GROUPS:**

_____ Hispanic
_____ Native American

_____ Caucasian
_____ Black

_____ Asian
_____ Indiscernable
_____ Other

IX. **TARGET AUDIENCE (Check All That Apply):**

_____ Prenatal
_____ Lactating women
_____ Postpartum women

_____ Caretaker of infant
_____ Caretaker of child
_____ Preschool education
_____ Adult education

_____ Other client group
_____ Professional
_____ Paraprofessional
_____ Other staff

X. **INTENDED USE:**

_____ Self instruction/handout
_____ Outreach/program information
_____ Teaching tool for WIC education
_____ Guide for staff to teach participants

XI. **OBJECTIVE RATING (see next page and content sheets):**

XII. **APPRAISAL:**

XIII. **DISPOSITION:**

_____ Use
_____ Reject if on Objective Rating (Section XI)
more than 3 items are poor
content (5A) is poor
_____ Other ________________________

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XI. *Objective Rating*

			Superior	Adequate	Poor
1.	Readability (Print materials & scripts only)				
	a. Writing approach and style	___	___	___	___
	b. Non-circular definitions for technical words	___	___	___	___
	c. Reading level (______)	___	___	___	___
2.	Format (Print materials only)				
	a. Paper quality	___	___	___	___
	b. Print size (Client materials only)	___	___	___	___
	c. Illustrations, etc, with textural references	___	___	___	___
	d. Clear tables and charts	___	___	___	___
	e. Purpose or overall use of illustrations	___	___	___	___
	f. Attractive format	___	___	___	___
3.	Instructional Aids (Print materials only)				
	a. Chapter or paragraph headings	___	___	___	___
	b. References and resources	___	___	___	___
	c. Experiences, questions, projects	___	___	___	___
4.	Stereotyping				
	a. Written or illustrated minority representation	___	___	___	___
	b. Alternate lifestyles	___	___	___	___
5.	Content				
	a. Content is current and accurate	___	___	___	___
	b. Logical organization	___	___	___	___
	c. Summmaries	___	___	___	___
	d. Special interest and needs	___	___	___	___
	e. Objective presentation (Brand names or sponsor product/point of view)	___	___	___	___
6.	Instructional Guidance				
	a. Objectives (Materials that guide staff, only)	___	___	___	___
	b. Time requirement	___	___	___	___
	c. Teaching approach	___	___	___	___
	d. Evaluation	___	___	___	___
7.	Audiovisuals				
	a. Length of presentation	___	___	___	___
	b. Subject matter permanence	___	___	___	___
	c. Manner of presentation	___	___	___	___
	d. Visual appeal	___	___	___	___
	e. Auditory appeal	___	___	___	___

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TITLE: ______________________________

____

Preschool Overview Content Sheet (for section XI 5.a.)

***A.** 1. ___ Common nutritional problems of childhood (anemia, obesity, tooth decay) and how to prevent them.

2. ___ Nutritional needs (quantity of foods) related to growth.

***B.** How to develop good food habits

3. ___ good role model

4. ___ no mealtime pressure

5. ___ involve in preparation

6. ___ only having/serving nutritious foods

7. ___ how to deal with food jags

***C.** Nutritious snacks

8. ___ what

9. ___ why important

***D.** 10. ___ Encourage a variety of foods

11. ___ appropriate serving sizes and foods

12. ___ 5 food groups

E. What influences child's food preferences

13. ___ appealing presentation

14. ___ TV & peers

15. ___ parents

16. ___ No discipline or reward around food

17. ___ Other______________________________

*If the material is an overview, it must contain accurate information on these topics. It must contain at least 14 of the subtopics listed to be superior and 11 to be adequate.

TITLE: ____________________

____

Infant Overview Content Sheet (For section XI 5.a.)

***A.** 1. ___ promoting breastfeeding

***B.** Bottle feeding

2. ___ preparation of formula

3. ___ feeding schedules and quantitites

4. ___ technique

5. ___ weaning to cup

6. ___ switching to pasteurized milk (6 mos to l year)

7. ___ use of supplements

8. ___ not during sleeping

***C.** Introduction of solids

9. ___ 4-6 months

10. ___ why

11. ___ what including transition to variety of table food

12. ___ how much and meal plan

13. ___ foods to avoid (allergies, choking)

14. ___ foods to avoid (salt, fat, sweets)

***D.** Atmosphere during feeding

15. ___ techniques

16. ___ finger foods, spoon, cup

17. ___ new foods

18. ___ good food habits

E. 19. ___ Use of commercial baby foods

F. 20. ___ Preparing and storing baby foods at home

G. 21. ___ No skim milk or dieting

H. 22. ___ Other ____

*If the material is an overview, it must contain accurate information on these topics. [illegible] must have at least 18 topics covered to be superior and 15 to be adequate.

TITLE:________________________

_____ __________________

Pregnancy Overview Content Sheet (For section XI 5.a.)

***A.** Medical supervision

1. ___ early

2. ___ regular

***B.** Benefits of a good diet

3. ___ fetal-maternal transport

4. ___ outcomes of pregnancy (risks of low birth weight)

***C.** Foods to eat and nutrients they provide

5. ___ 5 food groups

6. ___ calcium

7. ___ iron

8. ___ folacin

***D.** Weight gain

9. ___ 24-28 pounds

10. ___ when

11. ___ no weight reduction

12. ___ no sodium restriction

E. Use of supplements

13. ___ iron, folic acid

14. ___ alcohol, drugs, tobacco, coffee

F. 15. ___ Advice for nausea, constipation

G. 16. ___ Special needs of teenage pregnancy

H. 17. ___ Preparation for breastfeeding

18. ___ Other____________________________________

*If the material is an overview, it must contain accurate information on these topics. It must have at least 14 topics covered to be superior and 12 to be adequate.

TITLE: ______________________

____

Breastfeeding Overview Content Sheet (For section XI 5.a.)

***A.** Benefits to mother and baby

1. ___ allergies*
2. ___ immunities*
3. ___ ease*
4. ___ nutritionally correct*
5. ___ regaining figure
6. ___ clean
7. ___ bonding

***B.** Why mother's diet is important and what to eat

8. ___ why diet is important
9. ___ fluids
10. ___ five food groups

***C.** Care of breasts and how to succeed in breastfeeding

11. ___ preparation of breasts
12. ___ when to start and frequency
13. ___ technique
14. ___ colostrum-appearance and importance*
15. ___ expressing milk and storage
16. ___ how to cope with complications

D. 17. ___ Emotional and other support

E. 18. ___ Clothing for mother

F. 19. ___ Need for rest

G. 20. ___ Supplementation of breast milk with Vitamin D and flouride

H. 21. ___ Weaning—when and how

I. 22. ___ Other ______________________________

*If the material is an overview, it must contain accurate information on these topics. It must have at least 18 topics covered to be superior and 15 to be adequate.

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NUTRITION EDUCATION RESOURCE GUIDE

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NOTES